

## **MMR Frequently Asked Questions (FAQs)**

### **Why am I required to provide proof of these vaccinations?**

Measles can be a serious and life-threatening illness. Mumps and Rubella are also serious illnesses. As a public health measure and in accordance with the Centers for Disease Control guidelines, the University of Iowa has established an MMR Immunization Requirement. In Spring 2004 our community experienced a Measles outbreak. The spread of this disease was avoided due in part to the majority of our student population receiving the MMR vaccinations. As you may know, Iowa also had a mumps epidemic in 2005-2006.

### **Where do I submit my immunization documentation?**

You may turn your immunization documentation into the Student Health Service one of four ways.

1. Fax your information to (319) 335-7247.
2. Send your information via US Mail to:  
University of Iowa Student Health Service  
4189 Westlawn, Newton Rd  
Iowa City, IA, 52242
3. Drop your information off in person at our clinic
4. Send your information via Campus Mail to:  
Student Health Service, 4189 WL.

Please allow us 5 business days to process documentation.

### **Where can I find my immunization documentation?**

You have more than likely received these immunizations when you were a child. Your parents may have this documentation at home. You may also check with your local pediatrician or family physician. The elementary or high school you attended may also have this information on file for you.

### **What type of documentation do you accept?**

We accept documentation that has the signature of an immunizing official. This would include a physician, nurse, public health official, physician assistant, or nurse practitioner. Unfortunately, we cannot accept notes made in your baby book!

### **What do I do if I can't find my immunization documentation?**

If you have searched unsuccessfully for your documentation, you have two options available to you. You may receive an MMR vaccination at our clinic. Or, if you are certain you had received two MMR vaccinations but cannot locate documentation, you may have titers drawn (blood draw) to test for immunity to Measles, Mumps and Rubella. Keep in mind if you decide to have titers done, it involves a more timely process and the results may be negative, meaning you will need to receive the MMR vaccination(s). The three titers are usually more expensive than the MMR vaccination(s). Please schedule an appointment by calling (319) 335-8394.

According to the Red Book (Report of the Committee on Infectious Diseases, American Academy of Pediatrics) there is no evidence that administration of MMR to already immune recipients is harmful.

### **I know I have had both MMR shots, but my immunization record shows the first one. Do I need to get another shot?**

Yes, you will need a second MMR shot in addition to submitting documentation of the first MMR.

### **I need to get both of my MMR shots. How far apart do the two shots need to be spaced?**

The second dose of MMR vaccine may be given any time more than 28 days after the first dose.

### **I have had both Measles vaccinations, but I don't have both Mumps and Rubella, what do I do?**

You may receive mumps and rubella vaccines, or the MMR vaccine.

**How much does the MMR vaccination cost?**

The MMR vaccination cost \$80. If you choose to have titers drawn, the Student Health Service will charge you \$10 for the blood draw. There will be charges from the University of Iowa Hospitals and Clinics for processing the titers. The current charges for each are: Measles (Rubeola) \$110.00; Mumps \$80.00 and Rubella \$70.00. However, these prices are subject to change without notification. Keep in mind if you decide to have titers done, it involves a more timely process and the results may be negative, meaning you will need to receive the MMR vaccination(s).

**What are the side effects of the MMR vaccine?**

According to the Center for Disease Control and Prevention (CDC), a vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions. The risk of MMR vaccine causing serious harm, or death, is extremely small. Getting MMR vaccine is much safer than getting any of these three diseases. Most people who get MMR vaccine do not have any problems with it. Mild Problems: fever (up to 1 person out of 6), mild rash (about 1 person out of 20), swelling of glands in the cheeks or neck (rare). If these problems occur, it is usually within 7-12 days after the shot. They occur less often after the second dose. Moderate Problems: seizure (jerking or staring) caused by fever (about 1 out of 3,000 doses), temporary pain and stiffness in the joints, mostly in teenage or adult women (up to 1 out of 4), temporary low platelet count, which can cause a bleeding disorder (about 1 out of 30,000 doses). Severe Problems: serious allergic reaction (less than 1 out of a million doses). Several other severe problems have been known to occur after a child gets MMR vaccine but, this happens so rarely that experts cannot be sure whether they are caused by the vaccine or not. These include: deafness, long-term seizures, coma, or lowered consciousness, and permanent brain damage.

**Who can I contact if I have a question?**

Appointments (319) 335-8394

Medical questions (319) 335-9704

General questions (319) 335-8371

Email: [student-health@uiowa.edu](mailto:student-health@uiowa.edu)