



# Arkansas Department of Health

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Governor Asa Hutchinson  
Nathaniel Smith, MD, MPH, Secretary of Health

**December 20, 2019**

**Dear U of A Fayetteville Student:**

As you may be aware, a mumps outbreak is occurring on the U of A Fayetteville campus. This outbreak will continue into the Spring 2020 semester. Therefore, in an effort to shorten the duration of the outbreak, the Arkansas Department of Health is requiring all student to be up-to-date with two doses of the MMR vaccine. The MMR vaccine protects against mumps, as well as measles and rubella.

**The Arkansas Department of Health is requiring all students to provide documentation that they have received 2 doses of MMR vaccine in their lifetime to The Pat Walker Health Center by Friday, January 10, 2020.**

**Please note that all students with approved exemptions and all those who have not provided the required documentation by January 10 will be excluded from class and campus-related activities, such as sports or other practice events, parties, social events or other gatherings, until the outbreak is declared over by the Arkansas Department of Health.** An outbreak is over when two incubation periods for an illness have passed with no new cases. The incubation period for mumps is 26 days.

- All student are required to show they received two doses of MMR vaccine 28 days apart any time after their first birthday. Documentation should be provided to The Pat Walker Health Center either in person or to [immu@uark.edu](mailto:immu@uark.edu). If you have already provided your documents to The Pat Walker Health Center, it is not necessary to provide them again. A copy of your ADH shot record may be requested using the form available at [https://www.healthy.arkansas.gov/images/uploads/pdf/Shot\\_Record\\_Release1.pdf](https://www.healthy.arkansas.gov/images/uploads/pdf/Shot_Record_Release1.pdf).
- If you are not able to provide documentation of past doses of MMR vaccine, you have two options:
  - You may be vaccinated **and provide documentation** of the recent MMR vaccine doses. If you have received the first dose, you can return to campus. However, you will need to receive a second dose of MMR vaccine 28 days after the first dose.
  - You may ask your physician to do a blood test for mumps called an IgG antibody titer and submit the result to The Pat Walker Health Center. If the IgG test shows immunity to mumps, vaccination will not be required. If it does not show immunity, then vaccination will be required.
- If you were born before 1957, you are considered to have immunity to mumps and this requirement does not apply to you.
- If you were born in 1957 or later and you have not had the MMR vaccine already, you need the first dose immediately. The second dose should be given a minimum of 28 days after the first dose. If you have had only one dose in the past, you should get the second dose now.

The MMR vaccine is available at many pharmacies and doctors' offices. It is also available at all ADH local health units. ADH will provide the vaccine at no cost to you. Please call ahead, and if you have insurance, please bring your insurance information with you.

Students may apply for religious, philosophical or medical exemptions from this requirement by submitting an exemption application to the Arkansas Department of Health. An exemption application packet can be found at this link: <https://www.healthy.arkansas.gov/programs-services/topics/immunizations>. **Please note that all students with exemptions will be excluded from class and campus-related activities, such as sports or other practice events, parties, social events or other gatherings, until the outbreak is declared over by the Arkansas Department of Health.**

The best way to protect against mumps is to get the MMR vaccine. Unvaccinated people are nine times more likely to get mumps than are people with two doses of MMR vaccine. More information about the MMR vaccine can be found on the attached Vaccine Information Statement, which can also be read at <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mmr.pdf>. Please read it carefully before being vaccinated.

Additional information about mumps can be found at <https://www.cdc.gov/mumps/index.html>, and the latest information about the mumps outbreak on the UA Fayetteville campus can be found at <https://www.healthy.arkansas.gov/>.

Please be aware that two doses of the MMR vaccine is approximately 88 percent effective in completely preventing mumps. This means that about 12 out of every 100 people with two doses of the MMR vaccine will still get ill, if they are exposed to the mumps virus. However, mumps illness among those who have received the vaccine is expected to be milder and with fewer complications. To end this outbreak as quickly as possible, it is very important for everyone on campus to be as immune as possible against the disease.

ADH is working closely with University of Arkansas officials to stop the spread of this outbreak. If the outbreak continues to spread, additional steps may be needed. Please contact the Arkansas Department of Health Outbreak Response Section at 501-537-8969 for more information.

Sincerely,

*Jennifer A. Dillaha, M.D.*

Jennifer A. Dillaha, M.D.  
Medical Director for Immunizations and Outbreak Response