

PLAYBOOK

USE THE RESOURCE LINKS BELOW WITH THE PDF DOWNLOAD.

- 1: [Vaccine Exemption Information](#)
- 2: [Everything You Ever Needed to Know About Medical Exemptions to Vaccination, But Didn't Know to Ask](#)
- 3: [How to Claim a Medical Exemption in CA](#)
- 4: [Vaccination: Using the First Amendment to Opt Out of This Potentially Damaging Procedure](#)
- 5: [10 Reasons MDs Should Sign Vaccine Medical Exemptions](#)
- 6: [School Exemption Laws by State](#)
- 7: [*Vaccination Liberation - Information/links and ideas regarding vaccine and religion](#)
- 8: [Vaccine Exemption Information](#)
- 9: [Protecting & Expanding State Vaccine Exemptions](#)
- 10: [Vaccine Laws](#)
- 11: [Guidance for Physicians on Medical and Immunity Exemptions in Oregon](#)

- 12: [What to Do When You're Told You Can't Get a Vaccine Exemption](#)
- 13: [KNOW WHO IS OR SHOULD BE EXEMPT](#)
- 14: [What schools and parents need to know about the new vaccination law](#)
- 15: [Understanding The New Vaccine Law In California](#)
- 16: [Vaccination Exemptions](#)
- 17: [Everything You Ever Needed to Know About Medical Exemptions to Vaccination, But Didn't Know to Ask](#)
- 18: [States With Religious And Philosophical Exemptions From School Immunization Requirements \(has requirements and exemptions per state\)](#)
- 19: [Vaccines: The Myth of Medical Exemption](#)
- 20: [Frequently Asked Questions About Vaccine Exemption Information](#)
- 21: [Vaccination: Using the First Amendment to Opt Out of This Potentially Damaging Procedure](#)
- 22: [How To Get a Vaccine Religious Exemption](#)
- 24: [Vaccination Waiver - Adult Member Request - Sample Letter](#)
- 25: [LETTER OF REQUEST FOR MEDICAL EXEMPTION](#)
- 26: [WAIVER OF HEALTH EXAMINATION FOR SCHOOL ENTRY](#)

- 27: [DPH - Immunizations Exemptions Certification Forms](#)
- 28: [Current CDC 0-6yrs](#)
- 29: [Current CDC 7-Preteen](#)
- 30: [Current CDC - Recommendation for children with health conditions](#)
- 31: [Current CDC Adult-by age/health condition](#)
- 32: [Doctors who are vax friendly](#)
- 33: [Vaccine Friendly Doctors by State - Dr. Sears site](#)
- 34: [Vaccine Friendly Doctors by State - Dr. Sears site 2](#)
- 35: [California State Vaccine Requirements](#)
- 36: [California's vaccine law: Opponents moving, home schooling to avoid controversial mandate](#)
- 37: [Immunization & Health Checkup - CalEdFacts](#)
- 38: [State Law & Vaccine Requirements](#)
- 39: [CDC - Requirements & Laws](#)
- 40: [Exemption Laws By State](#)
- 41: [State Vaccination Exemptions for Children Entering Public Schools](#)

42: Vaccination Liberation Exemptions

PLAYBOOK

This playbook will serve as your guide to helping you understand how to potentially obtain a “medical exemption” for your child.

NOTE: There are different laws that are everchanging. Be sure to get the most up to date.

The first step along this journey of vaccinations is to be informed.

This document will serve as your guide to start your journey of education and determining what is the best course of action to take for your family. Along the way we will give you many references and research inserts is to be informed.

To get us started here is an excerpt from Vaxtruth.com

1. The first thing I would do is take a look at the current [CDC's Childhood Vaccine Schedule](#).
2. Next, I would find out what the requirements are for my state. You can do that by contacting the school your child is or would be attending. [The National Vaccine Information Center \(NVIC\) also has good information](#) on requirements for public schools, daycare, and post-secondary education (colleges and universities). Here is [NVIC's information for California](#).

If your child has had ANY vaccines, you need to compare his or her vaccination record with what is required and see what he or she is “missing.”

3. I would print out all of the [vaccine manufacturers inserts](#) for the vaccines my child is “missing.” I would read them through from front to back and pay particular attention to the ingredients list, adverse reactions, and contra-indications sections.

Next, I would get allergy testing for all my children. I would get IgE and [IgG allergy testing](#). I would get the most extensive panel I could afford.

Then, I would cross-reference any reactions with [known allergens in ALL of the vaccines](#) in the childhood schedule – or at least those in the vaccine my child is “missing.”

Many people do not realize that vaccines are made with food proteins, including eggs, chicken, beef (bovine), pork (porcine), cow’s milk (bovine casein), gelatin (bovine and porcine) and yeast. Vaccine ingredients include some of the most common food proteins to which children (and adults) are allergic. There’s a very good reason for that. [I wrote about it here.](#)

4. The next thing I would do is [document my family medical history](#). I would pay extra-special attention to any and all incidence of **autoimmune disease**, since doctors (even mainstream doctors!) have come out publicly (on CNN!) stating that family history of autoimmune disease is a contra-indication to vaccination.

Whether or not to do titer tests is an “iffy” subject. On the one hand, if you find out that your child already has adequate titers for “evidence of immunity,” then your doctor can help you make the case that your child does not need another vaccine.

As we now know, there are [differences in how children of different races respond to vaccines](#).

5. I would get a complete copy of my child’s medical records, including his or her vaccination record. I would construct a timeline. I would pay particular attention to the number of infections, asthma attacks, seizures, and any other incidents that occurred after vaccinations. As much as I already knew about vaccines and about vaccine-injuries, it wasn’t until I did the timeline that I finally realized what happened to my daughter. Do it. Also... go back and dig through your photos. Compare the photos with the timeline. Look for any evidence of changes in your child’s facial symmetry.

I would put all of this information in a binder and be prepared to educate my doctor.

Parents need to know that doctors do not know what they don't know. Every doctor I know (who is honest) has told me they only learned two things about vaccines in medical school:

1. They learned how to give them according to the CDC's schedule;
2. They were told, "Vaccines are the greatest advancement in the history of medicine."

That's it.

Doctors don't know what they don't know.

It is time for you, the parent, to step up and learn how to educate those who hold your children's lives in their hands. As my dear, amazing friend and mother to a severely vaccine-injured child has said, "**Parents: DO THE WORK!**"

It's your child. Do it.

Please download and print this incredible resource from Chelsea Lynch. This one document really does contain **EVERYTHING YOU EVER NEEDED TO KNOW ABOUT VACCINES BUT DIDN'T KNOW TO ASK.**

CALIFORNIA RESIDENTS

Following is the text of the legislation referring to medical exemptions: T

(a) If the parent or guardian files with the governing authority a written statement by a licensed physician to the effect that the physical condition of the child is such, or medical circumstances relating to the child are such, that immunization is not considered safe, indicating the specific nature and probable duration of the medical condition or circumstances, including, but not limited to, family medical history, for which the physician does not recommend immunization, that child shall be exempt from the requirements of Chapter 1.

(Please note that although the law uses the term “immunization” the accurate term should be “vaccination” because vaccines do not truly yield immunity. Vaccines are said to be effective as long as they elicit an antibody response but presence of antibodies does not mean an individual is immune. Vaccinated individuals can have antibodies to diseases but not be immune and vaccinated individuals can have zero antibodies but be immune.)

As you can read in the text of the bill, medical exemptions can be given according to the physician’s discretion.

Below are suggestions and resources for how you can find a physician who understands vaccine risks, tests you can have done to demonstrate that your child is at risk, and information to educate a physician as to why your child qualifies for a medical exemption – given the toxins and adventitious ingredients in vaccines, ALL individuals should qualify.

1) Please refer to this very useful [compilation](#) of links or this [link](#) to find physicians who understand vaccine risks. Also, remember that pediatricians are likely to be the most dogmatic regarding vaccines whereas family physicians may be less so. The physicians at the links above already respect different approaches to vaccines so may be more likely to write a medical exemption. In general, physicians likely to be most helpful are those who are qualified in functional medicine or integrative medicine. To find a functional medicine physician, use this [link](#). To find an integrative medicine physician check this [link](#) or this [link](#) or search for “find an integrative medical doctor and search one of the other organizations. When using these lists of doctors, please note that only medical doctors (MDs and DOs) may write medical exemptions, not DCs or NDs, etc. Also, bear in mind that most pediatricians and general medical doctors do not use and may not understand the tests and suggestions below so it would be wise to work with one of the physicians at the links given.

2) **Disabilities:** More and more research is showing that individuals with a variety of conditions and genetic mutations are more susceptible to vaccine reactions.

These conditions and disabilities include already existing or a family history of previous vaccine reaction, eczema, food and environmental allergies, asthma, gut issues such as Crohn’s and IBS, autoimmune disease such as diabetes, lupus, MS, rheumatoid arthritis, ASIA, and others, chronic ear, sinus, strep or other infections, Lyme disease, PANDAS, POTS, learning disabilities, speech delay, ADD, ADHD, autism, seizures, bipolar, schizophrenia, thrombocytopenia, genetic variance, impaired methylation, detoxification impairment, and more.

Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

3) Conduct genetic testing prior to vaccinating to better understand your child's risk.

Test for various disabilities, conditions, and genetic variance such as variation in MTHFR, CBS, COMT, all BHMTs, MAO-A, SOD, cytochrome p450 enzymes, and HLA type which can determine your child's susceptibility to vaccine injury.

Inexpensive salivary genetic testing can be done through [23andMe](#) and interpretive data can be uploaded through <http://www.geneticgenie.com>. The cost is \$99 for the saliva kit and \$79 for additional kits ordered at the same time; plus about \$10-30 for the interpretive profile, depending upon which site is used. Follow up with a visit with a skilled health care practitioner to better understand genetic mutations. Pay careful attention to mutations of MTHFR, CBS, all BHMTs and MAO-A.

Another option is the [NeuroGenomic test](#) from Genova Diagnostics to evaluate variations in genes that modulate methylation, glutathione conjugation, oxidative protection and the potential to evaluate vascular oxidation. You can also find a doctor who conducts and interprets these tests on their website [here](#).

Make sure your physician sees the results of your child's genetic testing. Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

4) Conduct allergy and reactivity to tests for ingredients in vaccines.

ELISA, or EIA, is an acronym for enzyme-linked immunoassay. ELISA is a test that detects and measures antibodies in your blood. This test can be used to determine if you have reactions to different substances such as those contained in vaccines. ELISA tests for aluminum, mercury, polysorbate 80, formaldehyde, MSG, (what other components of vaccines) should be conducted to determine a person's reactivity to those substances.

According to [CDC](#), vaccines contain aluminum, antibiotics, egg protein, formaldehyde, MSG, thimerosal, and many other potentially toxic ingredients including foreign proteins. CDC states explicitly, "For children with a prior history of allergic reactions to any of these substances in vaccines, parents should consult their child's healthcare provider before vaccination."

Explain to your physician that you are consulting with them as outlined by SB 277 but do not want to take the chance that your child has either an immediate or a delayed allergic reaction to any of the ingredients in the vaccines.

Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

5) Test antibody levels to all required vaccines. The law that SB 277 amended allowed titer tests to demonstrate antibody levels – thought to be a marker for immunity – in lieu of repeated vaccination. While it is now understood scientifically that antibodies do mean an individual is immune, they are still accepted as evidence of such. Titers will be needed at each grade span change. Your doctor can conduct titer tests or the tests can be ordered online. Simply enter “titer tests” in your search engine to find labs near you or have tests sent.

Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

6) Scientific literature concerning medical risks of vaccines:

According to the Institute of Medicine report [Adverse Effects of Vaccines: Evidence and Causality \(2012 \)](#),

“Both epidemiologic and mechanistic research suggest that most individuals who experience an adverse reaction to vaccines have a preexisting susceptibility. These predispositions can exist for a number of reasons — genetic variants (in human or microbiome DNA), environmental exposures, behaviors, intervening illness, or developmental stage, to name just a few— all of which can interact as suggested graphically in Figure 3-1.

Some of these adverse reactions are specific to the particular vaccine, while others may not be. Some of these predispositions may be detectable prior to the administration of vaccine; others, at least with current technology and practice, are not. Moreover, the occurrence of the adverse event is often the first sign of the underlying condition that confers susceptibility.”

Ask the doctor administering the vaccine(s) to sign a medical exemption in light of statements by the US Institute of Medicine that vaccination may reveal a susceptibility for the first time. If he/she will not do so, find another doctor. The doctor can use this report – directly from the US Institute of Medicine, to defend that position.

Aluminum Dangers

Aluminum experts have stated that aluminum has no biological use or need and is toxic to all life forms. According to renowned aluminum expert Chris Exley of Keele University,

“the combined adjuvanticity and antigenicity of aluminium probably means that we are all ‘allergic’ to aluminium exposure it is simply that in some individuals the response can be significantly more severe. It is knowing which individuals might show the most acute response which eludes us at present.”

See Exley’s papers:

- 1) [The immunobiology of aluminium adjuvants: how do they really work?](#),
- 2) [A role for the body burden of aluminium in vaccine-associated macrophagicmyofasciitis and chronic fatigue syndrome](#),
- 3) [Aluminium adjuvants and adverse events insub-cutaneous allergy immunotherapy](#)
- 4) [Aluminium in Medicine](#)

In “[Aluminum vaccine adjuvants: are they safe?](#)” Lucija Tomljenovic and Christopher Shaw state:

“Aluminum is an experimentally demonstrated neurotoxin and the most commonly used vaccine adjuvant. Despite almost 90 years of widespread use of aluminum adjuvants, medical science’s understanding about their mechanisms of action is still remarkably poor. There is also a concerning scarcity of data on toxicology and pharmacokinetics of these compounds. In spite of this, the notion that aluminum in vaccines is safe appears to be widely accepted. Experimental research, however, clearly shows that aluminum adjuvants have a potential to induce serious immunological disorders in humans. In particular, aluminum in adjuvant form carries a risk for autoimmunity, long-term brain inflammation and associated neurological complications and may thus have profound and widespread adverse health consequences. In our opinion, the possibility that vaccine benefits may have been overrated and the risk of potential adverse effects underestimated, has not been rigorously evaluated in the medical and scientific community.”

As aluminum has no biological use or need, is toxic to all life, is likely an allergen to us all, and most importantly has not been properly studied, ask the doctor

administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Dangers of Thimerosal (ethylmercury)

43 studies on thimerosal

(<http://www.greenmedinfo.com/toxic-ingredient/thimerosal>) indicate at least 30 different adverse effects including: neurodevelopmental disorders, autism spectrum disorders, autism, tic disorders, vaccine-induced toxicity, learning disorders, attention deficit disorder, mental retardation, speech disorders, mercury poisoning, childhood chemical exposures, cognitive decline/dysfunction, emotional disorders, infantile spasms, seizures, sexual developmental dysfunction and abnormalities, oxidative stress, mitochondrial dysfunction, attention deficit disorder with hyperactivity, developmental disorder, ataxia, atopic diseases, impaired detoxification, borderline personality disorder, neurodegenerative diseases, excitotoxicity, amygdala damage/abnormalities, autoimmune diseases, neurotoxicity, DNA damage, immune disorders/low immunity.

This science is also available as a PDF to download here:

http://www.greenmedinfo.com/sites/default/files/gpub_55003_toxic_ingredient_thimerosal.pdf

As thimerosal is a proven neurotoxin, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Autoimmune Disease

Vaccines are an acknowledged cause of a variety of autoimmune diseases including, but not limited to: 1) MS and demyelinating diseases, 2) rheumatic disease, 3) asthma, 4) allergy, 5) Autoimmune/inflammatory syndrome induced by adjuvants (ASIA), 6) Macrophagic myofasciitis, 7) Immune dysregulation.

See respective studies at links below:

- 1) [Recombinant hepatitis B vaccine and the risk of multiple sclerosis: a prospective study](#)
- 2) [Chronic Arthritis after Rubella Vaccination](#)
- 3) [Infection of human B lymphocytes with MMR vaccine induces IgE class switching](#)

4) [Delay in diphtheria, pertussis, tetanus vaccination is associated with a reduced risk of childhood asthma](#)

5) [ASIA: A New Way to Put the Puzzle Together](#)

6) [Macrophagic myofasciitis: characterization and pathophysiology](#)

7) [Vaccines and autoimmunity](#)

As vaccines are proved to cause autoimmune diseases, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Dangers of Injecting Foreign DNA

Many vaccines are made with DNA from humans and other species including monkeys, mice, bovines, and chickens and vaccines also contain DNA fragments of viruses. The safety of this foreign DNA has not been established but viruses and fragments of viruses have been found in a variety of vaccines such as Rotavirus vaccines, HPV vaccines, and more. In [Death after Quadrivalent Human Papillomavirus \(HPV\) Vaccination: Causal or Coincidental?](#), researchers found fragments of the vaccine-strain of HPV-16 in the brains of two deceased young women as well as antibodies to these fragments suggestive of an autoimmune reaction. Moreover, scientists believe the cause of autism may lie in the increased use of cells from human fetal tissues and the accompanying human DNA contaminating those vaccines. See [Theoretical aspects of autism: Causes—A review](#) from former pharmaceutical scientist, Helen Ratajczak and CBS News' report:

<http://www.cbsnews.com/news/vaccines-and-autism-a-new-scientific-review/>

As vaccines are acknowledged to contain foreign DNA contamination and this foreign DNA is linked to autoimmune disease and death, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

MSG Dangers

Although **CDC states** that MSG acts as a stabilizer in vaccines “to help the vaccine remain unchanged when the vaccine is exposed to heat, light, acidity or humidity,” according to other sources, it is a food additive that is used to enhance the taste of food. Additionally, **MSG is recognized as a toxin** to brain cells by overexciting them which results in damage to them or death and causes

brain damage. Although FDA claims MSG is safe to eat, it also recognizes these short term reactions to MSG:

- Numbness
- Burning sensation
- Tingling
- Facial pressure or tightness
- Chest pain or difficulty breathing
- Headache
- Nausea
- Rapid heartbeat
- Drowsiness
- Weakness ([Source](#))

Given the impact MSG has on the brain and FDA's acknowledgement that it can have a variety of side effects when eaten, it is hard to understand how MSG can be deemed safe to inject, especially to babies and children. Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Formaldehyde Dangers

[From the National Cancer Institute](#): The International Agency for Research on Cancer (IARC) classifies formaldehyde as a human carcinogen. In 2011, the National Toxicology Program, an interagency program of the Department of Health and Human Services, named formaldehyde as a known human carcinogen in its 12th Report on Carcinogens.

[IARC Monographs on the Evaluation of Carcinogenic Risks to Humans Volume 88 \(2006\): Formaldehyde](#)

[National Toxicology Program \(June 2011\). Report on Carcinogens, Twelfth Edition](#)

While many vaccine proponents claim the amount of formaldehyde in vaccines is nothing to worry about a deeper analysis tells another story. Many childhood vaccines contain formaldehyde including almost all pediatric flu vaccines; all pediatric and adolescent pertussis vaccines (DTaP and TDaP); and injectable polio vaccines (IPV) vaccines.” According to [Dr. Tenpenny](#), if a child gets all the

doses of vaccines on the recommended schedule for 2012, the amount of formaldehyde that will be injected into their little bodies and developing brains is:

- Hepatitis b – 3 doses x 15 mcg each
- DTaP – 5 doses x 100 mcg each
- Polio (IPV) – 5 doses x 200 mcg each
- Influenza – 6 doses x 25 mcg each
- Hepatitis A – 1 dose x 100 mcg each

Total: 1,795 mcg = 1.795 milligrams

This is by no means an insignificant amount when the mere inhalation of formaldehyde is enough to cause nasal cancer in rats. Some argue that our bodies produce more formaldehyde than what is injected and/or that we can safely eat more than that injected – but the formaldehyde in vaccines is injected, not created by our bodies and this formaldehyde is injected, not eaten. Toxic exposures from eating are not comparable to exposures from injection.

The purpose of formaldehyde in vaccines is to kill and/or inactivate antigens in the vaccines and while FDA states there is no risk from this formaldehyde, the fact that formaldehyde is there to kill belies the purported safety.

Given the proven carcinogenicity of formaldehyde, the quantities in vaccines and the potential risks of injecting formaldehyde, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Summary

As recognized by law, vaccines injure and kill – they are neither medically safe nor healthy. As recognized by federal health authorities, the first time a patient notices or experiences an adverse reaction may be the first time a vaccine is given. It is important to note however that just because no noticeable reaction has occurred after a vaccine in the past, this is no guarantee that a future vaccine reaction will not occur after other vaccines have been administered. As your child's immune system, nervous system, digestive system and blood brain barriers are not fully developed, injecting known immune and neurotoxins as well as carcinogens and other adventitious agents is not medically safe or healthy. If you cannot obtain a medical exemption, ask the physician to sign a written statement guaranteeing that neither a current vaccine he or she intends to give

nor any future vaccine he or she intends to give will harm your child and that he or she will take full financial responsibility if the vaccine causes harm. The [Physician's Warranty of Vaccine Safety](#) is one option.

Here are some of the most frequently asked questions: The source of this information is from: <http://www.nvic.org/faqs/vaccine-exemptions.aspx>

Frequently Asked Questions About Vaccine Exemption Information

Q: What kinds of vaccine exemptions exist in the U.S. and what happens if there is an outbreak of disease at school for a vaccine I have chosen to exempt myself/child from receiving?

A: All states allow for some type of exemption from vaccination, or re-vaccination. Vaccine exemptions generally fall into three types of exemption – medical, religious belief and personal/conscientious belief. In some states there is also the possibility of exemption based on proof of immunity to a disease. Similar to vaccine requirements, your legal right to be exempt from vaccines is based on your state's exemption laws and are often worded differently from state to state. When exercising your right to a vaccine exemption be advised that many states have provisions in their state law for unvaccinated children to be sent home from school during an outbreak of disease for vaccines declined.

It is also important to understand that your right to take a religious, philosophical, personal or conscientious belief exemption is under attack in many states. Medical exemptions are also becoming increasingly difficult to obtain. Since 2011, there have been efforts by lobbyists associated with the pharmaceutical, medical trade and public

health industries to eliminate or severely restrict non-medical exemptions in state vaccine laws.

Please join NVIC's efforts to protect your human and informed consent right to make voluntary vaccine decisions by registering with [NVIC's Advocacy Portal](#). Once registered, you will receive action alerts for your state, and to learn how to easily and effectively take action to protect choice and communicate with your legislators about the importance of voluntary vaccine decision-making.

To obtain a vaccine exemption for your child to attend school, or for yourself as an adult (if applicable), you must follow the regulations outlined in your state's vaccine law. These laws vary from state to state. [NVIC's State Law & Vaccine Requirements webpages](#) are the most up-to-date resource NVIC provides to the public on each state's vaccine requirements and exemption information. Below are the different types of vaccine exemptions used in various states throughout the U.S.

- **Medical Exemptions:** All 50 states allow medical exemption to vaccination. In most states, a medical exemption must be written by a medical doctor (M.D.) or doctor of osteopathy (D.O.). Some states also allow other state-designated health care workers to certify that the administration of one or more state mandated vaccines would be detrimental to the health of an individual. Most states do not allow a doctor of chiropractic to write medical vaccine exemptions.
- ***Medical Exemptions Difficult to Get*** - A medical exemption to vaccination is very difficult to obtain because almost all medical reasons for delaying or withholding vaccines have been eliminated by government and medical trade officials. Most doctors and health care workers follow federal vaccine recommendations published by the Centers for Disease Control (CDC) outlining what is and is not considered a medical contraindication to vaccination. Some states will accept a doctor's written medical vaccine exemption without question. Other states allow state public health officials to review and reject the medical exemption written by a medical doctor or other state designated health care worker, if health department officials don't think the exemption is justified or because it does not conform to federal (CDC) vaccine contraindication guidelines.
- **Religious Exemption:** The constitutional right to have and exercise personal religious beliefs, whether you are of the Christian, Jewish, Muslim or other faith,

can be defended. In the Old Testament of the Bible, Abraham is asked by God to sacrifice his son to demonstrate his faith. Although Abraham is willing, God does not force Abraham to sacrifice his son. In fact, God makes it clear that human sacrifice to demonstrate allegiance is not appropriate. Constitutionally, Americans have an expectation that their religious beliefs will be respected and that government will not pass laws that obstruct the exercise of this most fundamental of freedoms.

If you exercise your right to religious exemption to vaccination, you must be prepared to defend it, and explain your religious or spiritual beliefs in your own words. Due to differences in state laws and the personal nature of a religious or spiritual belief, the NVIC does not recommend or provide a prewritten statement to use as an example for filing a religious exemption.

The religious exemption is intended for people who hold a sincere religious belief opposing vaccination to the extent that if the state forced vaccination, it would be an infringement on their constitutional right to exercise their religious beliefs. A state must have a "compelling State interest" before this right can be taken away. Limiting the spread of serious communicable diseases has been defined as a "compelling State interest" in court cases after the 1905 U.S. Supreme Court decision *Jacobson v. Massachusetts* affirmed the right of states to mandate smallpox vaccine.

In a number of state court cases setting precedent on the issue of vaccine mandates, the freedom to act according to one's religious beliefs is subject to reasonable regulation, if exercise of personal religious beliefs substantially threatens the welfare of society as a whole. State requirements for religious exemption can vary widely state to state and below are examples of how religious exemption may be defined in your state and what may be required to obtain a religious exemption to vaccination:

- The exemption's definition may be broadly defined to include philosophical, personal or conscientiously held beliefs not necessarily tied to an organized religion.
- Membership in an organized religion that has written tenets prohibiting invasive medical procedures such as vaccination. However, this kind of language has been ruled unconstitutional when it has been challenged in State Supreme Courts.
- A signed affidavit from your pastor or spiritual advisor from the church you attend.
- Notarization of your signature on a religious exemption statement attesting to your sincerely held religious beliefs about vaccination.

As of 2016, all U.S. states allow a religious exemption to vaccination except California, Mississippi and West Virginia. Prior to registering your child for school, you should check your state law to verify what proof is needed if you intend to file an exemption for sincerely held religious or spiritual beliefs.

If you belong to a church, consider educating the head of your local church about the sincerity of your personal religious beliefs regarding vaccination. You may be able to obtain a letter from your pastor, priest, rabbi or other spiritual counselor affirming the sincerity of your religious beliefs and file it along with any statement you may be required to write explaining your religious or spiritually held beliefs about vaccination.

- **Philosophical, Conscientious or Personal Belief Exemption:** This type of exemption is for individuals who hold conscientious objections to one or more vaccines. Less than half of U.S. states allow for an exemption to vaccination based on philosophical, personal or conscientiously held beliefs. To learn if your state offers this type of exemption, please visit [NVIC's State Law & Vaccine Requirements webpages](#).

Each state's requirements for this exemption vary greatly from state to state. In some states parents or children old enough to give consent (usually age 12 or older) must object to all vaccines and not just one vaccine. In Washington and Oregon, parents seeking a personal belief exemption must first obtain a signature from a medical doctor or other state-designated health care worker in order to file the exemption or may be required to complete a state vaccine education program (Oregon).

From a spiritual standpoint, conscientious freedom is considered defined and discussed in Catholic canon, and states that "Conscience is a judgment of reason whereby the human person recognizes the moral quality of a concrete act that he is going to perform, is in the process of performing or has already completed. In all he says and does, man is obliged to follow faithfully what he knows to be just and right. It is by the judgment of his conscience that man perceives and recognizes the prescription of the divine law." In even stronger terms, the Catholic Church warns that "a human being must always obey the certain judgment of his conscience. If he were deliberately to act against it, he would condemn himself."

While the term "conscientious objector" is generally associated with someone who refuses to serve in the military due to matters of conscience, according to the College of Physicians of Philadelphia it was The British Vaccination Act of 1898 that created a vaccine exemption based on conscientious objections that gave rise to this popular term.

The National Vaccine Information Center (NVIC) has always endorsed the right to informed consent as an overarching ethical principle in the practice of medicine for which vaccination should be no exception. We maintain this is a responsible and ethically justifiable position to take in light of the fact that vaccination is a medical intervention performed on a healthy person that has the inherent ability to result in the injury or death of that healthy person. To learn more about the history and ethics for this exemption, please visit NVIC's fully referenced [Informed Consent](#) webpage.

- **Proof of Immunity:** Some state laws allow individuals to be exempted from vaccination or re-vaccination, if proof of existing immunity for certain diseases can be shown. If a person has recovered from the natural disease or has been vaccinated, a blood titer test may indicate that there are enough naturally acquired or vaccine acquired antibodies to “prove” immunity to a particular disease. Private medical laboratories can perform the blood titer test and measure the level of antibodies and provide you with a report that you can submit with the request for an exemption if the antibody titers are high enough according to accepted standards. A blood titer test that measures antibody levels can cost \$55 or more, depending on the disease.

- Do your own research. – Read package inserts (as seen here) http://www.vaccinesafety.edu/package_inserts-bymanuf.htm

- Take family health history into consideration

- Find a provider who believes in treating each person differently. Each person is their own, and each genetic make-up is to be taken into consideration – Below are links to Vaccine Friendly doctors.