



The New Jersey Department of Health developed this brochure to help parents make informed decisions about the MMR vaccine and antibody testing.

Learn more about school vaccination requirements in NJ by visiting [nj.gov/health/cd/imm\\_requirements](https://nj.gov/health/cd/imm_requirements) or scanning the QR code below.



### For More Information

**New Jersey Department of Health**  
[nj.gov/health/vaccines](https://nj.gov/health/vaccines)

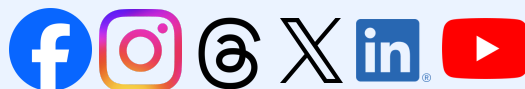
**New Jersey Department of Health  
Vaccine Preventable Disease Program**  
[nj.gov/health/cd/imm\\_requirements](https://nj.gov/health/cd/imm_requirements)

**Vaccine Information Statements (VIS)**  
[immunize.org/vaccines/vis](https://immunize.org/vaccines/vis)

**Antibody Titer Law**  
[pub.njleg.gov/bills/2002/PL03/257\\_.PDF](https://pub.njleg.gov/bills/2002/PL03/257_.PDF)

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**New Jersey Department of Health  
Communicable Disease Service  
Vaccine Preventable Disease Program**

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# Antibody Titer Law

**Information for parents about the  
Measles, Mumps, Rubella (MMR)  
Vaccine and their options**



## What is the Antibody Titer Law?

The New Jersey Antibody Titer Law (also known as *Holly's Law*, N.J.S.A.26:2N-8-11) allows parents to get testing to determine a child's immunity to measles, mumps, and rubella before receiving the second dose of the vaccine.

## What is Immunity?

The immune system is your body's way to fight against germs. When a germ enters your body, it makes special proteins called antibodies to fight it. The first time a germ enters your body, it takes time to make these antibodies, so you may get sick. After that, your body remembers the germ and can fight it off faster so that you don't get sick again. This protection is called immunity.

Vaccines train your immune system to fight germs without you getting sick first. They use a safe, weakened part of a germ—or instructions to make part of it—so your body can learn to protect you.



**Your immune system is like a shield that protects your body from disease**

## What are Measles, Mumps, and Rubella?

Measles, mumps, and rubella are viruses that spread through the air when someone coughs or sneezes. These diseases can sometimes lead to serious problems like brain damage, pneumonia, or hearing loss.

New Jersey rules (N.J.A.C. 8:57-4) require children in child care and preschool to get one dose of measles, mumps, rubella (MMR) vaccine, and a second MMR vaccine in Kindergarten.

Most children develop immunity after the first MMR vaccine, but some (about 5 out of 100 people) do not. A second MMR vaccine can help these children build immunity.

## What is an antibody titer?

An antibody titer (pronounced ty-ter) is a blood test that checks if your child is immune to a disease. A small blood sample is sent to a lab to look for antibodies.

If the test shows your child is immune to Measles, Mumps, and Rubella, you can submit the lab results to your child's school. If immunity is confirmed, your child will not need the second MMR vaccine.

The Antibody Titer Law gives parents a choice **BEFORE** they give their child a second dose of MMR vaccine. **Talk to your health care provider** to learn more about the MMR vaccine, the antibody titer law, and making good decisions about your child's health.

