

From: [H.Grahn](#)
To: [HHC Exhibits](#)
Subject: Public Testimony: OPPOSE HB 3063
Date: Friday, March 1, 2019 2:10:32 PM

To the House of Health Care Committee,

I am writing to contribute my testimony to oppose against bill HB 3063.

I am a stay at home mother of two children in Multnomah County.

The most important message I wish to convey is that medical intervention has always been a choice. Allowing this bill to pass will take away freedoms that should inherently be a right. My body does not belong to the government.

Additionally, passing this bill will further alienate a group of people, and yet will still NOT change their minds about vaccinations. If your goal is to have less outbreaks, higher vaccination rates and more compliance, then history shows that more force only creates more resistance. It is not the avenue you should choose for the people of Oregon state.

Personally, I did not want to vaccinate while my husband did. I chose to compromise and give my first born son a modified schedule. I was only two vaccines in when I could notice the difference in his responses to me, his babbling had diminished, and he quickly developed eczema after the rotavirus oral vaccine. I decided to cease any further vaccinations because I could see with my own two eyes that my son was not reacting well to them. I went on to not vaccinate my 2nd child as well. The point I wish to make by sharing my story is that many people who are in favor of not vaccinating HAVE vaccinated in the past. I do not wish to have the power to choose for myself and for my children taken away. It is my right to choose.

Thank you for your time,
Heather Grahn
Multnomah Co.
mrshgrahn@gmail.com

Sent from my iPhone