

# Mumps Alert

January, 2010

Currently, there is a large mumps outbreak in New York, New Jersey, and Canada which has been ongoing since June of 2009. Mumps can spread rapidly in congregate settings such as schools, colleges, and other large gatherings. **Therefore, the Student Health Center and the Los Angeles County Public Health Department are encouraging all students and employees to ensure that they are immune to mumps through up-to-date MMR vaccination or documented prior infection. In addition, all individuals should be alert for mumps-like symptoms.**

Mumps is an acute viral illness that is transmitted by respiratory droplets such as through coughing or sneezing. The incubation period ranges from 12-25 days. Persons with mumps are considered most infectious from 2 days before to 5 days after onset of symptoms. The classic symptom of mumps is inflammation of the parotid gland, which is located just in front of the ear on the external cheeks, either one side or both. Other symptoms include: body aches, loss of appetite, malaise, headache, and low-grade fever all of which may precede the inflammation of the parotid gland by several days. Symptoms last approximately 10 days.

If you experience these symptoms please seek care immediately and avoid contact with others.

If you have not received the Measles, Mumps, and Rubella vaccination series, please call the Student Health Center or your Primary Care Physician to be vaccinated.

Visit <http://www.cdc.gov/vaccines/vpd-vac/mumps/default.htm> for more information.

References:

County of Los Angeles Public Health. Mumps Alert, 2010.