



## MUMPS ALERT

### Important Notice to Students and Faculty

*February 17, 2017*

As of February 17, there have been more than 30 cases of mumps in Colorado, and this number is expected to grow. In order to minimize the spread of mumps in schools and colleges, and to protect the health and safety of our community as our top priority, we are taking all possible steps to prevent others from potentially becoming ill.

Mumps is a viral infection that causes painful swelling of one or more salivary glands, a low-grade fever, and headache. Typically, persons with mumps have swelling of the parotid gland located in the cheek area near the ear and at the back angle of the jaw. Some people with mumps infection will have no symptoms at all. Severe complications from mumps are rare, but can include swelling of the brain, inflammation of the ovaries or testicles, or deafness.

Mumps is spread by coughing and sneezing or direct contact with the saliva of an infected person, such as by sharing cups or eating utensils. Symptoms of mumps usually develop 16 to 18 days after being around someone with mumps. People infected with mumps can spread the virus from 2 days before through 5 days after gland swelling develops.

People who have received two doses of the MMR vaccine are about nine times less likely to get mumps than unvaccinated people when exposed to mumps. However, some people who receive two doses of MMR can still get mumps, especially if they have prolonged, close contact with someone who has the disease. If a vaccinated person does get mumps, they usually have less severe illness than an unvaccinated person.

#### **In summary, we recommend the following:**

- **Please contact your healthcare provider if you develop any swelling of the glands around the ears or neck. If the health care provider thinks you have mumps, he/she can test you for mumps, and you must stay home for 5 days after gland swelling begins.**
- All students are required to have two *valid* doses of Measles, Mumps, Rubella (MMR) vaccine for college entry, unless a vaccine exemption has been filed. MMR vaccine is usually given at 12-15 months of age with another dose given at school entry (4-6 years of age). Persons born prior to 1957 probably had mumps disease and are likely immune to mumps.





## CSU HEALTH NETWORK

COLORADO STATE UNIVERSITY

(970) 491-7121

[health.colostate.edu](http://health.colostate.edu)

Environmental Health Services, Public Health

Fort Collins, Colorado 80523-6021

970 491-6121

FAX: 970 491-4804

<http://www.ehs.colostate.edu>

- There is no post-exposure prophylaxis for mumps. Receiving mumps vaccine after exposure will not prevent infection from that exposure, but it is recommended for susceptible persons, as it may prevent infection from future exposures.
- Please review your immunization record to make sure you have the right number of valid MMR vaccinations (2 vaccines if in college). Contact your health care provider, the CSU Health Network (for students), or local health department if you need an MMR vaccination.
- If you have questions about Mumps, call your healthcare provider, Jeannine Riess with CSU Public Health at 970-491-6121, Beverly Earley with the CSU Health Network at 970-491-1778, or the Larimer County Department of Health and Environment at 970-498-6700.



Colorado State University