

Massachusetts Department of Public Health
Division of Epidemiology and Immunization

Mumps Advisory

February 14, 2018

This is to advise you that there was a confirmed case of mumps at the Mansfield High School. This advisory provides you information about the disease and guidance in contacting your healthcare provider or the local or state health department.

What is mumps?	Mumps is an infection of the salivary glands caused by a virus.
What are the symptoms?	The most common symptom is swelling of the cheeks and jaw due to inflammation of one or both of the saliva glands near the ear and back of the jaw (most commonly the parotid glands). Other symptoms of mumps include fever, headache, stiff neck, loss of appetite, swelling and tenderness of salivary glands. <u>If you have any of these symptoms, please contact your healthcare provider.</u>
How is mumps spread?	<p>The virus that causes mumps spreads through saliva or mucus from the mouth, nose, or throat. An infected person can spread the virus by</p> <ul style="list-style-type: none">• coughing, sneezing, or talking,• sharing items, such as cups or eating utensils, with others, and• touching objects or surfaces with unwashed hands that are then touched by others. <p>People may be able to spread mumps from 2 days before symptom onset to 5 days after symptom onset. The first symptoms usually appear 14-18 days after a person has been exposed to mumps, although sometimes it can be as long as 25 days after exposure.</p>
How can it be prevented?	There is a vaccine to prevent mumps (it protects against measles, mumps, and rubella and is called the MMR). Most children and young adults have received at least 1 dose of MMR vaccine. Two doses of MMR vaccine are more effective than 1 dose.
Recommendations:	<ul style="list-style-type: none">• <u>People ill with mumps should refrain from public activities for five days after onset of swelling.</u>• All individuals with only 1 dose of MMR vaccine should receive a 2nd dose of vaccine if eligible.• Individuals with no doses of MMR vaccine should receive their 1st dose (unless they have laboratory evidence of immunity).• Birth before 1957 is usually considered adequate evidence of immunity for mumps, except for health care workers who should have 2 doses of MMR or laboratory evidence of immunity (or at least 1 dose of MMR if they are born in the US before 1957).
What should pregnant women or those with weakened immune systems do?	If you are pregnant (or think that you might be) or if you have a weakened immune system, it is very important that you contact your health care provider right away. Tell them that you have received this advisory.

If you have any symptoms suggestive of mumps contact your health care provider.

For more information you can contact:

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