

Mumps Notification Letter

December 5, 2018

We have received notification of reported cases of Mumps in the Chicagoland area. No cases of Mumps at Triton College have been reported. We are being cautious, and want to share some precautionary measures with you.

This flyer outlines specific information about mumps and provides some precautionary information in the event that you are or have been exposed to mumps. Your immediate attention is required to insure that the virus is not spread. Please follow the guidelines below. If you have any questions, please do not hesitate to call the Triton College Health Services office at 708-456-0300 Ext. 3051.

- ❖ What is mumps?
Mumps is an infectious disease caused by a virus. Before the vaccine was developed, mumps was a common cause of aseptic meningitis and deafness in childhood.
- ❖ How is mumps spread?
Mumps is spread through direct contact with mouth or nose secretions. This can be through coughing, sneezing or contact with objects soiled with the saliva of an infected person.
- ❖ What are the symptoms of mumps?
Symptoms usually appear 14-18 days after exposure, but can take as long as 25 days. The most frequent symptom of mumps is swelling of the salivary glands, close to the jaw. Other symptoms include fever, headache and earache. Other more serious symptoms can occur, in rare cases, including meningitis, deafness, swelling of the testes or ovaries and inflammation of the joints.
- ❖ How do I protect myself against mumps?
The best way to prevent mumps is to make sure you are up-to-date with your shots. Individuals should receive at least one dose of a mumps vaccine (either mumps vaccine or measles-mumps-rubella, MMR) on or after their first birthday. A second dose of MMR is recommended at 4-6 years of age. If you are unsure if you have received this vaccine, check with your medical provider. Preventative measures include covering the mouth when coughing or sneezing, proper disposal of tissues, disinfecting contaminated surfaces, abstaining from kissing, abstaining from sharing drinks and utensils, frequent and thorough hand washing.
- ❖ What should I do if symptoms develop?
If anyone in your household develops symptoms of mumps, you should notify your medical provider immediately. Persons with mumps should remain at home for 5 days after the swelling of the salivary glands began. Medical providers are urged to report possible mumps cases within 24 hours to the Cook County Department of Public Health at 708-836-8653.
- ❖ How is mumps treated?
Currently, there is no specific treatment for mumps. Care is supportive and aimed at reducing fever and discomfort.
- ❖ How do I get more information?
Additional information can be accessed from the Center for Disease Control's website, <http://www.cdc.gov/mumps/>