Mumps

As of 10/2/2015, we are aware of 6 UWW students with a laboratory confirmed mumps diagnosis. These students have been in contact with persons on and off campus, in various locations and not limited to: campus residence halls, Williams Center, Roseman, and local apartment settings. Please carefully review the following for public health information and recommendations.

What is mumps?
Mumps is a viral infection that can cause swelling of the salivary glands of an infected person. Infected persons start to show signs of mumps two to three weeks after exposure. The disease may begin with low grade fever, headache, muscle pain, and general feeling of discomfort. Commonly, the cheek and jaw area (salivary glands) swell on one or both sides within the first two days of illness and can be very tender or painful. There is no specific treatment for mumps. Symptoms of mumps typically resolve after a week or two, but mumps can occasionally cause serious complications.

How is mumps spread?
The mumps virus is in the saliva of an infected person and is spread from person to person through the air by coughing, sneezing or simply talking. A person can spread mumps from two days before the onset of symptoms to the fifth day after symptoms begin.

Who can get mumps?
Anyone who has not had mumps can get the disease, and the best protection against mumps is the MMR (measles-mumps-rubella) vaccine. While some individuals who have been vaccinated may still come down with mumps, the risk of becoming ill or having complications is much higher in those who are unvaccinated. While immunization and careful hand and respiratory hygiene is our best defense, illness may still occur. Therefore, be aware of symptoms and follow guidelines below.

Is there a vaccine for mumps?
Yes. Mumps vaccine, given in combination with Measles and Rubella (called MMR vaccine), is recommended for routine administration at ages 12-15 months and 4-6 years. Adults and adolescents not up to date with mumps vaccinations are also recommended to receive MMR vaccine. The MMR vaccination takes about 7-10 days to be fully effective, so a person can become sick if they are infected right after receiving the vaccination.

What should I do if I think I might have mumps?
If you have symptoms such as face/jaw/cheek pain or swelling and fever – Avoid contact with others and contact University Health and Counseling Services or consult your local health care provider.

What can a person or community do to prevent the spread of mumps?
Mumps is spread from an infected person through coughing, sneezing, or talking or through contact with saliva. To prevent contracting mumps, follow these preventive actions:
- Wash your hands frequently with soap and water
- Sneeze and cough into a tissue or your elbow
- Avoid sharing drinks, food and utensils
- Avoid touching your eyes, nose or mouth
- Maintain about 3 feet distance from people who may be sick

For persons infected with mumps, the best method to prevent further spread of the disease is to remain home and avoid exposing others who are susceptible to the disease. Persons infected with mumps should remain home for five days after the onset of salivary gland swelling with onset date being day zero. They should also avoid contact with infants aged <1 year and pregnant women. This means not attending class or labs, not going to work, avoiding public transportation and places where groups of people gather.

RECOMMENDATIONS:

Check your vaccination status!

- If you have not received two doses of MMR, contact University Health and Counseling Services (262) 471-1300 or Walworth County Public Health (262) 741-3140 to be vaccinated.
- If you have received two doses of MMR, no further doses are needed. However, if you develop symptoms consistent with mumps, please contact University Health and Counseling Services or consult your local health care provider.