



NOTIFICATION OF MUMPS

A case of mumps has been reported in your student's school. Mumps is a viral disease and is very contagious.

Incubation period: (the time between exposure to the disease and the appearance of symptoms) can be 2 to 3 weeks, but is usually 16-18 days.

Contagious period: (when the disease can be transmitted to another person)
The person is most infectious 1-2 days before to 5 days after onset of parotitis (swelling near the jaw and neck).

Signs and symptoms:
Swelling or pain close to the jaw or one or both sides of the face is the hallmark of mumps. The sick person may also have headache, low-grade fever, earache, sore throat or cough.

How is the disease spread:
Exposure to infected respiratory droplets through sneezing, coughing, sharing of cups or other items with contact to saliva.

Treatment:
Since this is a virus, only general supportive therapy is all that is needed. Please see your medical provider if symptoms last more than 2 days. A painless cheek (buccal) swab can help confirm the illness.

Control of cases:
Those who are suspected by a physician of having mumps are to remain home for 5 days after the onset of swelling.

Control of contacts:
Susceptible "close" contacts (students and staff) not appropriately immunized or who do not have laboratory evidence of immunity will be excluded from work or classes from days 12-25 after their last exposure. Susceptibles are defined as students who have not had at least two MMR's (Measles, Mumps, and Rubella) vaccine, and staff who have not had a least one documented MMR.

General prevention measures:
Ensure that your child is vaccinated to date for their age with the MMR vaccine. Practice good hygiene measures (hand washing) throughout the day. Cover your nose and mouth with tissue or the crook of your arm when coughing or sneezing. Don't share items that go in the mouth (cups, water bottles, soda cans, etc.) and establish good health habits (i.e., good nutrition, sleep, exercise and minimize stress)

Source: <http://www.cdc.gov/mumps/index.html>

Any questions, call the Lake County Health Department/Communicable Disease Program at 847-377-8130 (Monday – Friday, 9:00 AM and 5:00 PM)