



February 2, 2018

### Health Advisory: Mumps

- Cases of mumps have been seen in a small number of communities in the region.
- There is no treatment for mumps.
- Most common symptom is swollen, painful cheeks and neck about 12-25 days after getting infected, lasting about 3-10 days.
- Mumps vaccine as part of the Measles-Mumps-Rubella vaccine (MMR) helps prevent spread of the disease in communities; it is not 100% effective in preventing infection, but can help reduce the severity of illness.
- Sports tournaments are events where mumps and other illnesses like influenza can be easily spread.

#### Take steps to prevent illness:

- Do not share water bottles, straws, cigarettes, or anything else that may have saliva on it.
- Wash or sanitize your hands often and always before eating, or before touching your face.
- Cover your nose and face with a tissue or sleeve when coughing or sneezing. Then put the tissue in the trash, and wash or sanitize hands.
- Sports teams should not share water bottles and should consider having hand sanitizer available.
- Get vaccinated. MMR vaccine will provide protection, it is even better if the whole team, family, school and community have the shot.
- People who are ill should not attend games or tournaments, especially:
  - Those who currently have a fever (which could be measured with a thermometer, or being very hot but not sweating, or feeling chilled despite skin being hot to the touch, or feeling achy and unwell).
  - Those who have swollen, painful cheeks and neck, especially if there has been recent contact with people with mumps.

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Mumps disease can be very serious for some people, especially adults. In addition to painful swelling of cheeks and neck, 20-30% of males can also have swelling of the testicles. Complications are rare but serious, including inflamed ovaries, hearing loss, and meningitis.

If you have questions, please contact the Northwestern Health Unit at 1-800-830-5978. If you think you or your child has mumps, please visit a health care provider as soon as possible.

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