MUMPS UPDATE
To clarify a Campus Update sent to the West Chester University community yesterday, there is not a mumps outbreak at West Chester University. However, it is important for community members to be aware of the symptoms and take steps to keep you and others healthy. At this time there is no recommendation for additional doses of MMR vaccine for West Chester Students who are fully vaccinated. Student Health Services and the Chester County Health Department (CCHD) will work together to assess the potential for future exposure to your community and corresponding actions.

INFORMATION ABOUT MUMPS
Mumps is a highly infectious disease passed through saliva and respiratory secretions. While the incubation period is 12 to 25 days, symptoms often appear 16 to 18 days after exposure.

The symptoms for the mumps are similar to influenza (the flu) and often include tender swollen glands below the ear and along the jawline on one or both sides of the face and neck, headache, fever and cold-like symptoms. People with mumps are considered infectious from two days before swelling begins through five days after the start of swelling.

WHAT YOU NEED TO KNOW
There is no treatment for mumps, only relief of symptoms. Take Motrin or Tylenol for fever and swelling, drink plenty of fluids and get plenty of rest. One of the most important steps you can take if you experience symptoms is to self-isolate, avoid travel and limit contact with others for five days from the onset of symptoms.

The following precautions against mumps are advised:

- **Cover your mouth** with a tissue when coughing or sneezing; use your upper sleeve to cover your cough, not your hand.
- **Wash hands frequently and efficiently**. When unable to wash with soap and water, use an alcohol-based hand sanitizer.
- **Avoid sharing** food and drinks or participating in other activities that may result in saliva exposure.
- **Stay home** from school or work when you are sick to rest and limit the spread of illness to others.

If you are experiencing symptoms or have questions, please contact your primary care provider or Student Health Services at 610-436-2509.

PREVENTION
The best way to prevent mumps is by vaccination. **If you think you may not be fully vaccinated (2 doses of MMR or MMRV vaccine), please contact your primary care physician.** Vaccine may be provided at no cost at CCHD for those who qualify. Call 610-344-6252 for information.