

MUMPS GENERAL NOTIFICATION LETTER

Dear Parents/Guardians,

This letter is to inform you of the current Mumps Outbreak in Arkansas and to provide you with additional information about Mumps. As of December 5, 2016, Arkansas Department of Health has a total of 1,872 cases of Mumps under investigation. The majority of cases are among school aged children. There have also been cases reported among college age students as well as adults. *During the Holiday Season, please be aware of this Outbreak as you travel and celebrate with Family & Friends.* As of December 5, counties affected in Arkansas include Benton, Carroll, Clark, Conway, Faulkner, Garland, Howard, Madison, Pulaski, Washington, and Yell.

What is Mumps?

Mumps is a contagious disease caused by a virus. **Mumps symptoms** include swollen glands under the ears or jaw, fever, headache, muscle aches, tiredness, & loss of appetite. Some people do not have any symptoms. Others may feel sick but will not have swollen glands.

How does Mumps Spread?

Mumps is spread through respiratory droplets (created when you cough and sneeze) and saliva. Sharing cups and utensils may also spread the virus. The time from being infected with the virus to developing symptoms can be as long as 25 days, but is typically 14-18 days. People with mumps are infectious **3 days before to 5 days after the onset of parotitis (swollen glands)**. Infected people without symptoms of mumps may still be able to transmit the virus.

The MMR Vaccine is the best way to protect against the Mumps.

Children usually receive the first mumps, measles, and rubella vaccine (MMR) at 12-15 month of age and the second dose at 4-6 year of age. MMR vaccine is not recommended for children under 1 year old. Adults who have not had two doses of MMR vaccine can receive the vaccine. However, pregnant women or people that are immunocompromised should not receive the MMR vaccine. If you are unsure of your/your child's vaccination status or if your child has not received the vaccine or has only received one dose, consult your healthcare provider.

While vaccination against mumps is the best protection against mumps, vaccinated individuals may still become infected.

If you or your child experience Mumps symptoms, please do not go to work, school, or to public places. Contact your Doctor's office before going to the clinic. Tell them you or your child may have mumps. They may give you special instructions to help prevent spreading Mumps to other people.

Sincerely,

Kristy Breen
School Nurse