

## *News Release*

FOR IMMEDIATE RELEASE

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Contact: Amy Marlow

[amarlow@co.buchanan.ia.us](mailto:amarlow@co.buchanan.ia.us)

319-332-0860

# **Buchanan County Public Health Urges Residents to be Aware of Mumps**

*College students returning home may bring virus with them*

There have been several cases of mumps reported in Buchanan County. Mumps is a highly contagious disease that is typically preventable through vaccination.

“Since July of 2015, Iowa has seen nearly 800 mumps cases,” said Buchanan County Public Health Director Amy Marlow. “The vast majority of these cases have been on college campuses, especially the University of Iowa. In addition, the number of cases reported weekly in Iowa has dropped dramatically; even so, Buchanan County continues to see sporadic cases reported here. It’s likely due to college students who were exposed to mumps while on campus who are returning home for the summer.”

Buchanan County Public Health recommends all residents should check to be sure they have received two doses of the MMR vaccine (measles, mumps, rubella) unless they know they had mumps in the past (most people born before 1957 had mumps as children). If they need to be immunized, they should see their personal health care provider.

Mumps is spread through the air and by droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes or talks. The virus can be spread through shared use of drinks or cups. In addition, the virus may spread when someone with mumps touches an item or surface without washing their hands and someone else touches the same surface and rubs their mouth or nose. If you were exposed to mumps, you could become ill 12 to 25 days later.

Symptoms of mumps include:

- Fever
- Headache

- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears or jaw on one or both sides of the face

If you develop these symptoms, stay home. Do not go to work or school until five days after symptoms have started, or until symptoms go away – whichever is later. Contact your health care provider before seeking medical care so as not to expose others to mumps in the waiting room. For more information about mumps, visit <https://idph.iowa.gov/ehi/mumps>.

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