

You have been exposed to MUMPS....now what?

You may not develop mumps from this exposure, but we want you know what to do should you develop symptoms of the disease over the next few weeks. **It is critical that you understand this information to keep the disease from spreading.**

How is the mumps spread?

- Mumps spreads by droplets or secretions from coughing, talking, or sharing drinks or utensils.
- People with mumps may be contagious for up to 3 days before they develop swelling of the jaw or face. The incubation period (time from exposure to development of symptoms) of this illness is usually 16-18 days, but can be anywhere from 12-25 days.

Symptoms:

Watch for the following symptoms during the next 2-3 weeks after exposure to someone with mumps:

- Cough
- Headache
- Jaw pain and/or swelling
- Sore throat
- Fever
- Muscle aches

If these symptoms occur, you need to consider that you may have the mumps. For example, if you start to feel like you are getting a cold, or if your throat starts to feel even a little sore- **ANY CHANGE IN YOUR HEALTH-** do not assume it is just allergies, etc. With your exposure, it may be the mumps.

Precautions:

If you have roommates, restrict your contact with them. In a residence hall room, maximize your distance as much as you can, don't share utensils, etc. Please wear a mask if you must be in close proximity. You and all roommates should practice good hand washing. We would also recommend that you clean frequently touched surfaces with a Lysol or Clorox wipe type of product.

If you suspect that you have the mumps you need to:

• Immediately isolate yourself. Do not go to class, exams, work, the dining centers, Union, meetings, church, or social gatherings.

• Call Student Health Clinic at 319-273-2009 or your own healthcare provider **and tell them you were exposed to mumps.**

• Put a mask on when you go to the Student Health Clinic to be tested.

The CDC has excellent resources about mumps:

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

<http://www.cdc.gov/mumps/outbreaks/outbreak-patient-qa.html>

Questions: To speak with a nurse Monday through Friday 8:00-5:00 p.m. please call the University of Northern Iowa Student Health Clinic Resource nurse at 319-273-5161. After hours you can call Patient Engagement formerly known as Nurse-on-call 319-272-2600 for advice.