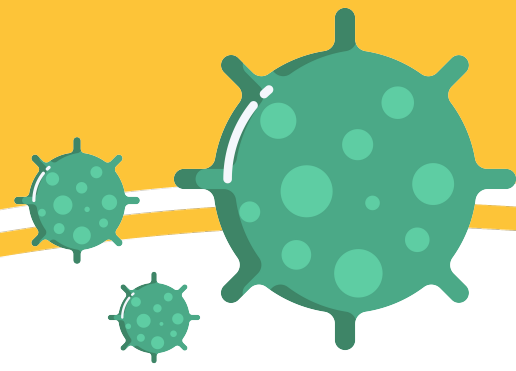


WHAT TO KNOW ABOUT MUMPS



WHAT IS IT?

Mumps is a contagious disease caused by a virus.

- Known for **painful puffy cheeks**.
- **Can cause complications, including swelling of the the brain, the tissue covering the brain, testicles, and ovaries.**
- Potential lasting side effects can include **encephalitis (infection in and around the brain), meningitis, and infertility in men.**

HOW DOES IT SPREAD?

Mumps can spread when an infected person:

- Coughs, sneezes, or talks.
- Shares items that may have saliva on them (such as water bottles or cups).
- Participates in close contact activities with others, such as playing sports.
- Touches objects and surfaces that are then touched by others.

IF YOU HAVE SYMPTOMS

Keep from spreading mumps to others:

- Stay in your room and away from others.
- Notify your campus health center.
- Don't share drinks or other things that might have saliva on them.
- Cover your coughs and sneezes.
- Wash your hands often and clean and disinfect surfaces.

Talk to your doctor if you think you have signs or symptoms of mumps.

SYMPTOMS

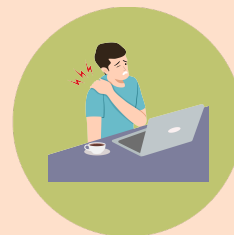
High fever



Tiredness



Headache,
muscle aches



Loss of
appetite



VACCINATION IS THE BEST WAY TO PROTECT YOURSELF

- Students should have 2 doses of the measles, mumps, rubella (MMR) vaccine.
- Some people who got vaccinated may still get mumps, but symptoms are less severe.
- **If cases are reported at your school, a 3rd dose of MMR vaccine may be recommended.**