



Northeast Nebraska Public Health Department

215 N Pearl Street • Wayne, NE 68787 • (402) 375-2200

www.nnphd.org

Fax (402) 375-2201

Toll Free (800) 375-2260

September 3, 2019

To Parents/Guardians of Students in Schools throughout the NNPHD Health District
(Cedar, Dixon, Thurston and Wayne Counties)

As you may already know, confirmed cases of mumps have been recently identified in the health district. Northeast Nebraska Public Health Department is working with the State of Nebraska Health Department, schools and others in the area to educate people about the symptoms, transmission, and prevention of mumps and to make sure your child(ren) is(are) fully vaccinated with the MMR vaccine to help prevent this virus from spreading. Annually the number of reported mumps cases can range from a few hundred to a couple thousand in the United States. Mumps is highly contagious so it's important to practice good hygiene habits, that will help reduce the spread. If you know someone who has mumps or suspect someone may have the disease, contact your doctor. All cases of suspected mumps need to be reported to Northeast Nebraska Public Health Department.

Mumps is a viral illness that causes swelling of glands in the face and neck. Symptoms may include, earache, fever, jaw pain, fatigue, testicular pain, and muscle aches.

People with symptoms can be infectious from 3 days before symptom onset until 5 days after symptom onset. Those who are symptomatic should stay home and in an area away from others during this time to help limit the spread. Antibiotics are not a treatment option because mumps is a viral infection; it may be helpful to treat the symptoms, like pain and fever, with over the counter medications.

The mumps virus is highly contagious and is spread by coughing, sneezing and sharing saliva. People with mumps are most contagious for the three days before and five days after their symptoms begin. To prevent the spread of mumps:

- Always cover your nose and mouth when you cough or sneeze.
- Wash hands frequently.
- Dispose of used tissues and other similar objects appropriately.
- Do not share glasses, eating utensils, water bottles, etc.

People who have had mumps are likely to be immune from the virus. Two doses of MMR, adequately timed, are recommended to provide protection from mumps. If a person has been vaccinated, they are less likely, but still could become infected because over time immunity decreases. We think that people who are younger are better protected because they got their vaccine more recently. Those who have not been vaccinated or are not fully vaccinated should consider taking that step by contacting their physician, public immunization clinic or local pharmacy. Women who are pregnant and people with weakened immune systems are at increased risk of complications.

If you have any questions, please review the article on our website at www.nnphd.org or feel free to contact us at (402) 375-2200.

Sincerely,

Julie Rother, BSN, RN, CPH
Health Director