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.

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.

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

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

You need to:

- Immediately isolate yourself. Do not go to class, exams, work, meetings, church, or social gatherings.
- Call Student Health & Wellness at 319-335-8394 or your own healthcare provider and tell them you were exposed to mumps.
- Put a mask on when you go to any clinic to be tested.

The CDC has excellent resources about mumps:

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

Please call our Nurseline at 319-335-9704 if you have any questions or concerns.