You have been tested for MUMPS….now what?

- Do NOT go to classes, exams, work, social gatherings, meetings, church, etc. until your test results are available, usually within 24-48 hours.

- We will notify you of the test results when they are available – usually within 24-48 hours. If the test is positive, a nurse from Student Health & Wellness and/or someone from the county health department will contact you to obtain information about additional individuals who may have been exposed. (e.g. roommates, classmates, significant others, family members, etc.)

- You should inform your instructors and job supervisors that you have been restricted from class and work. Faculty members have been informed of this campus health situation and have been urged to provide accommodations for you to complete and make up work when you are able to return to class. If assistance is needed to obtain excused absences, please contact us at the Student Health & Wellness Nurseline, 335-9704.

- 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 drinks, utensils, etc. Wear a mask if you must be in close proximity. You and all roommates should practice good hand washing.

- If you live in a residence hall, you will need some assistance to get your meals. Do NOT go to the dining hall for meals.
  You can order meals from this website: [http://cougar.its.uiowa.edu/isomeal](http://cougar.its.uiowa.edu/isomeal) This online ordering system will allow you to receive a “meal pack” that will be delivered to you each day you are isolated. It will include breakfast, lunch and dinner. You need to place an order each day before 10 PM. When you place the order, the food will be delivered the NEXT day between 10-11 AM, so until the order is processed, you may need help from a friend or roommate to go get food for you at the dining hall. They need to take your ID to the dining hall and tell a manager that they need a “sick tray”.

- Antibiotics are not beneficial because mumps is a viral illness. Ibuprofen or Tylenol can help with headache, fever, sore throat and body aches. Drink plenty of fluids and rest as much as possible. Cool cloths over the swollen jaws can provide some pain relief.


Please call our Nurseline at 319-335-9704 if you have additional questions.