



Mumps Advisory

June 2016

Sixty-four (64) mumps cases had been confirmed in the Harvard outbreak, as of June 2. Of these cases, 61 are Cambridge residents, including one person who is not a member of the Harvard community. The Harvard community includes current Harvard students, faculty, and staff. Those who have been diagnosed with mumps or presumptive mumps (while they are awaiting test results) have been advised to self-isolate for five days after onset of symptoms. For more information, contact the Cambridge Public Health Department at epidept@challiance.org.

**If you believe you have been exposed to mumps and have any symptoms,
please refrain from public activities**

and contact your health care provider or the public health department:

Cambridge Public Health Department: 617-665-3800 | Massachusetts Department of Public Health: 617-983-6800

What is mumps?

Mumps is an infection of the salivary glands caused by a virus.

What are the symptoms?

The most common symptoms:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears on one or both sides (parotitis). About one-third of people who get mumps do not get the swollen glands.

Symptoms typically appear 14-18 days after infection, but this period can range from 12-25 days after infection. Very rarely, the virus can also cause swelling of the heart and joints, meningitis (swelling of the brain and spinal cord), and encephalitis (swelling of the brain itself).

If you have any of these symptoms, please contact your health care provider.

How is mumps spread?

Mumps spreads through saliva or mucus from the mouth, nose, or throat. An infected person can spread the virus by coughing, sneezing, or talking; sharing items, such as cups or eating utensils, with others; and touching objects or surfaces with unwashed hands that are then touched by others. People may be able to spread mumps from **2 days before symptom onset to 5 days after symptom onset.**

How can mumps be prevented?

Mumps can be prevented with MMR (measles-mumps-rubella) vaccine. Most children and young adults have received at least 1 dose of MMR vaccine. Two doses of MMR vaccine are more effective than 1 dose.

Recommendations

- **People ill with mumps should refrain from public activities for five days after onset of swelling.**
- All individuals with only 1 dose of MMR vaccine should receive a 2nd dose of vaccine if eligible.
- Individuals with no doses of MMR vaccine should receive their 1st dose (unless they have laboratory evidence of immunity).
- Birth before 1957 is usually considered adequate evidence of immunity for mumps, except for health care workers who should have 2 doses of MMR or laboratory evidence of immunity.

What if you are pregnant or have a weakened immune system?

If you are pregnant (or think that you might be) or if you have a weakened immune system and believe you have been exposed to mumps, it is very important that you contact your health care provider right away. Tell them that you have received this advisory.

