

# Kirkwood Campus Health

## INFORMATION ON MUMPS

**What to do should you develop symptoms of MUMPS.**

**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	Headache
Jaw pain and/or swelling	Sore throat
Fever	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 Campus Health at 319-398-5588 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>

<http://www.cdc.gov/mumps/outbreaks/outbreak-patient-qa.html>

Please call our Campus Health at **319-398-5588** if you have any questions or concerns.