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TO: Grant County Media

FOR INFORMATION CONTACT

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Update: Grant County Mumps Outbreak **Confirmed and Additional Probable Mumps Cases Identified**

Grant County, WA— GCHD has identified five mumps cases in students at Columbia Basin Job Corp located near Moses Lake. Also being investigated are an additional nine patients with mumps-like symptoms.

Investigation of infectious diseases is one of the essential services provided by GCHD. Public health nurses will continue to identify and investigate any additional cases of mumps. GCHD and Washington State Department of Health (DOH) worked collaboratively to facilitate diagnoses and laboratory testing. The healthcare community and pharmacies have been alerted to stock mumps testing supplies and check their inventory for MMR vaccine for children and adults.

Grant County schools and college have been notified and are encouraged to review their staff and student immunization records and communicate the need for vaccinations to those who are not up to date. If there are mumps cases identified in the schools, there will be exclusion orders for those without proof of immunity. “Employers are also encouraged to check their staffs’ vaccination records,” states Kathleen Nelson, Community Public Health Manager.”

What if I choose to not vaccinate my child?

If there is a mumps outbreak in your child’s school and you choose to not vaccinate your student who is not immune, they will be EXCLUDED through 25 days after the last possible exposure (contact). If there are additional cases in the school then the duration of the school exclusion will be extended, often for additional weeks, unless you choose to immunize your child with MMR. If excluded, your child will be allowed back to school immediately if you choose to vaccinate him/her with MMR.

The following is additional educational information that was included in the last advisory:

Avoid kissing, hugging, sharing food or cigarettes and other close contact with anyone who is suspected of having mumps. **If you have been exposed to mumps and feel ill, stay home to help prevent the spread of the disease and contact your healthcare provider.** If you don’t have a healthcare provider, call GCHD (509-766-7960) or the Family Health Hotline at 1-800-322-2588.

What is Mumps: Signs & Symptoms

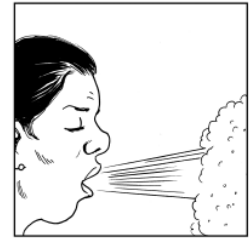
Mumps is a disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness, and a loss of appetite. However, mumps is best known for the facial and jaw swelling.



Symptoms may appear 12-25 days after exposure, usually 16-18 days after exposure. Mumps usually goes away on its own in about 10 days. But in some cases, it can cause complications that affect the brain, the testicles, the ovaries, or the pancreas.

How is mumps spread?

A person with mumps can spread the virus by coughing, sneezing, or spraying saliva while talking. It can also be spread by sharing cups or eating utensils, and by touching objects or surfaces with unwashed hands that are then touched by others.



Who is at higher risk of getting mumps?

- Infants who are too young to receive MMR vaccine (under 1 year of age).
- Children over 1 year of age who are not fully vaccinated:
 - **Children should get two doses of MMR vaccine, starting with the first dose at 12-15 months of age, and the second dose at 4-6 years of age.**
- Teens and adults should also be up to date on their MMR vaccination.
- Adults born in or after 1957 who have not been vaccinated or have not previously had mumps disease.
- If you are unsure whether you or your child have been vaccinated, please contact your healthcare provider.

**Note: Persons born before 1957 probably had mumps as children and are usually considered immune, unless they work in healthcare. Healthcare workers should receive the vaccination.*

How to prevent mumps.

- Make sure you and your children are up to date on MMR vaccine. Your healthcare provider office has the vaccine in supply. Adults can also contact their local pharmacy to schedule an appointment. Most health insurance plans cover the cost of the vaccine.
 - [Visit the Mumps Vaccination page to see recommendations for different groups.](#)
- Stay away from anyone who has mumps.
- [Wash your hands](#) often with soap and water.
- Avoid sharing drinks or utensils used for eating.
- Disinfect frequently touched surfaces, such as toys, doorknobs, tables, counters.



What to do if you have symptoms.

- **If you or your child has symptoms of mumps (fever, headache, muscle aches, tiredness, loss of appetite, and swollen cheeks or jaw), call your healthcare provider immediately.**
- Stay home and away from other people and from public settings until you or your child has been evaluated by a healthcare provider.

Additional information about Mumps

[Grant County Mumps](#) | Grant County Health District

[Mumps](#) | WA-DOH

[About Mumps](#) | CDC