Dear UCSC Associate,

June 17, 2019

You may have received a Mumps Outbreak Notice distributed by the UCSC Student Health Center. The notice confirmed that there have been several cases of the disease in UCSC students residing in three dormitory complexes: Cowell, Rachel Carson, and Merrill.

It also indicated that exposed individuals who become ill may develop symptoms through July 10, 2019.

There is a potential for continued spread of the virus in the campus setting, so there are additional recommendations for students who will continue to reside on campus during the summer session.

RECOMMENDATIONS

➢ If you have not yet received two doses of MMR vaccine, it is recommended that you either start or complete the vaccine series as soon as possible.

➢ If you have already received two doses of the MMR vaccine, a third dose of vaccine is recommended at this time.

➢ If you have already been exposed to the mumps virus, an additional vaccine will not keep you from developing the disease, but it can protect you from future infection if you were exposed again.

➢ Avoid close face-to-face contact with others who may be ill. Do not share drinks, eating utensils, smoking devices. Frequently wash hands and avoid touching your mouth and eyes after contacting surfaces in common areas.

➢ Be alert for signs and symptoms of mumps.
  • Mumps is usually a mild disease. Symptoms may begin with a low-grade fever, mild runny nose, cough and body aches. These symptoms may be followed by swollen neck glands, or parotitis.
  • Occasionally mumps may cause serious complications. The most common complication is inflammation of the testicles in males who have reached puberty; rarely does this cause infertility. Rarely it may cause encephalitis / meningitis.

➢ It is possible to become ill with mumps even if you are vaccinated.

If you develop symptoms of mumps:

➢ Isolate yourself from others to reduce risk of spread. Notify the Student Health Center or your medical provider immediately and describe what's going on.

➢ DO NOT GO directly to a medical office, emergency department, or the Student Health Center without informing them of possible mumps exposure. Consider taking this notice with you to the medical appointment.

➢ There is no specific treatment for mumps.

INFORMATION

➢ Mumps is a contagious viral illness spread by respiratory droplets, i.e. coughing, sneezing, nasal secretions, saliva. If exposed to mumps, you may become ill 12-25 days later. If you become ill, you may spread the disease to others from as early as seven days before developing symptoms and up to nine days after. (The highest risk period is from two days before until five days after symptom onset.)

➢ ADDITIONAL RESOURCES: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Mumps.aspx