June 13, 2019

OUTBREAK NOTICE

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<th>Communicable Disease Incident:</th>
<th>Disease Outbreak of Mumps (Infectious parotitis)</th>
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<td>Investigation Initiated:</td>
<td>5/22/2019</td>
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<td>Principal Public Health Nurse:</td>
<td>Naomi Lobell, PHN, Disease Control Unit, (831) 454-4114</td>
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The Public Health Department in collaboration with UCSC Student Health Services has identified an active outbreak of mumps (infectious parotitis) involving (to date) several confirmed cases of the disease in UCSC students residing in three dormitory complexes: Cowell, Rachel Carson, and Merrill.

Exposed individuals who become ill may develop symptoms through July 10, 2019.

RECOMMENDATIONS

➢ 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, described below.

➢ 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.

➢ The recommendation for mumps vaccination is two doses of measles, mumps, rubella vaccine (MMR):
  - Individuals who have received only one dose of MMR should get a second dose.
  - Individuals who have not received any doses of MMR should receive the first dose as soon as possible.
  - Immunization following exposure to mumps will not keep you from developing the disease, but it can protect you from future infection.

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.)

➢ 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 case encephalitis / meningitis.

➢ It is possible to become ill with mumps even if you are vaccinated. (Most of the cases in this current outbreak are in individuals who were vaccinated as children.)

ADDITIONAL RESOURCES

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