

## **Mumps: What you need to know**

According to the CDC there have been an average of 265 cases of mumps reported each year since 2001. As you know, beginning in December of 2005, the state of Iowa began to report an increasing number of mumps cases that resulted in over 1000 reported cases of mumps in the Midwest. Mumps is a viral infection that most often causes symptoms such as fever, muscle aches, tiredness, and eventually the swelling of salivary glands. It is spread through direct contact with saliva or respiratory secretions from an infected person through sneezing or coughing. It can also be transmitted on surfaces if an infected person does not wash his/her hands after sneezing or coughing. Many people have been vaccinated against mumps as a child. The best way to prevent mumps is through vaccination for you and your family. Check with your child's pediatrician about vaccination if you are concerned. Also, check your own records for vaccination and seek a MMR vaccine if you have not received two doses of vaccine in your lifetime. You cannot receive the MMR vaccine if you are pregnant or are actively trying to get pregnant. You can also prevent transmission of mumps by handwashing – remember to wash your hands frequently and teach your children to do the same. Be sure to contact us at Bay Point should you have any questions about mumps or the MMR vaccine. You may also visit the Centers for Disease Control website at [www.cdc.gov](http://www.cdc.gov) for more information.