January 30, 2017

Dear Carleton students, staff, and faculty,

This message is to inform you that there is a confirmed case of mumps at Carleton, and some in our community may have been exposed between January 14 and January 21, 2017. We’d like to provide you with information about mumps along with a few specific action steps. A mumps fact sheet is also included with this letter.

Most individuals in Minnesota are vaccinated for mumps by receiving two (2) doses of the Measles, Mumps, and Rubella (MMR) vaccine. In fact, 99% of Carleton students are fully immunized. Only 1% of students waive the MMR vaccine due to religious or medical reasons. Therefore, our campus is very well protected against this illness.

Mumps is an infection caused by a virus. The most common symptoms include swollen glands in front of and below the ear, fatigue, headache, and low-grade fever. Mumps is spread by coughing and sneezing or through direct contact with the saliva of an infected individual. Symptoms of mumps usually develop 16 to 18 days after exposure, but may develop anytime from 12 to 25 days after exposure.

The MMR vaccine is about 88% effective after 2 doses, so it prevents a significant number of mumps cases. However, this also means that some individuals will get mumps even if they have been vaccinated.

Here are some things to know and do:

- **Check your immunization records to ensure you've had two doses of the measles-mumps-rubella (MMR) vaccine**
  - Students can check their immunization status via the mySHAC portal (https://go.carleton.edu/mySHAC).
  - Students who waived MMR immunization or have not received both doses will be notified via secure message by SHAC.
  - If you are a student and have not been notified by SHAC of missing MMR immunizations, it means that you have 2 doses of MMR on record.

- **Watch for symptoms even if you have been vaccinated.**
  - Recognize that although you may have received the MMR vaccine, the immunization is not always 100% effective, and immunity decreases over time.
  - Early symptoms usually begin 2 to 3 weeks after exposure. If you develop symptoms, they would be expected to occur between now and February 15, 2017.

- **Stay home and contact your health provider if you have symptoms of mumps.**
  - Students suspected of having mumps symptoms, including swollen glands in front of and below the ear (these are parotid glands and are not in the neck region), fatigue, headache, and low-grade fever, please call Student Health and Counseling (SHAC) at 507-222-4080 to determine if you need to be seen for an appointment.
  - Faculty and staff suspected of having mumps symptoms should call their health care provider.
  - Note: If being seen at an off-campus clinic, it may be helpful to take this letter with you to show to your health care provider.

- **Anyone suspected of having mumps should stay home from school, work, or similar activities.**

- **Wash your hands often and cover your coughs and sneezes.** Cough and sneeze into your elbow or a tissue rather than your hands.

Thank you. Students, please call Student Health and Counseling at 507-222-4080 if you have questions or you experience symptoms. You may also call the Minnesota Department of Health (MDH) at 651-201-5414 if you have additional questions.

Sincerely,

Marit Lysne, PsyD, LP, Director
Natalee Johnson, APRN, CNM, MS, Coordinator of Medical Services
Mumps

What is mumps?
Mumps is a viral infection that primarily affects the saliva glands located between the ear and the jaw.

What are the symptoms of mumps?
Symptoms of mumps include low-grade fever, headache, muscle aches, tiredness, loss of appetite, and swollen salivary glands under the ears or jaw on one or both sides of the face (parotitis).

What health problems does mumps cause?
Up to 30 percent of all people infected with the mumps virus do not have symptoms. Orchitis (swelling of the testicles) is a common symptom in males after puberty. Rarely, swelling of the spinal cord and brain (encephalitis) occurs.

How is mumps diagnosed?
Mumps may be diagnosed by looking at symptoms and laboratory test results. Health care providers may collect samples from the mouth or throat, as well as urine and blood samples to test for the virus. There are other illnesses that can cause similar symptoms, so it is important that the correct laboratory testing is done.

How is mumps spread?
Mumps can be spread when a person with mumps coughs or sneezes near you, or if you touch fluids from the mouth or nose of a person with mumps and then touch your eyes, nose, or mouth. Sharing beverage containers, eating utensils, cigarettes, and kissing are other examples of how the virus can be spread in fluids between individuals.

How long is a person with mumps contagious?
Mumps can be spread 2 days before symptoms appear through about 5 days after. Mumps is most contagious 48 hours before the illness begins.

Is there a vaccine for mumps?
Yes. Mumps vaccine is contained in the MMR vaccine (Measles, Mumps, Rubella). One dose of mumps vaccine will be effective in approximately 80 percent of people vaccinated, but 2 doses of mumps vaccine will be effective in approximately 90 percent of people. This means it is still possible for someone with 2 doses of MMR to get mumps. Learn more on the MMR (Measles, Mumps and Rubella) Vaccine Information Statement (VIS) (http://www.cdc.gov/vaccines/hcp/vis/vis-statements/mmr.html).

What can be done to prevent mumps?
The best way to prevent mumps is to get vaccinated. Persons who have mumps should stay at home for 5 days after swelling starts so that they do not spread it to others.

Is there a treatment for mumps?
No, only symptom care.