

## *News Release*

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# **Mumps Reported in Dubuque County**

Dubuque County Public Health is working with the Iowa Department of Public Health (IDPH) and the State Hygienic Laboratory (SHL) in responding to a number of confirmed cases of mumps in Dubuque County. Mumps is a highly contagious disease that is typically preventable through vaccination. Dubuque County and IDPH recommend all Iowans should check to be sure they have received two doses of the MMR vaccine (measles, mumps, rubella). If they need to be immunized, they should see their personal healthcare provider.

Mumps is spread through the air and by droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes or talks. The virus can be spread through shared use of drinks or cups. In addition, the virus may spread when someone with mumps touches an item or surface without washing their hands and someone else touches the same surface and rubs their mouth or nose. If you were exposed to mumps, you could become ill 12 to 25 days later.

Symptoms of mumps include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears or jaw on one or both sides of the face

If you develop these symptoms, stay home. Do not go to work or school until five days after symptoms have started, or until symptoms go away – whichever is later. Contact your health care provider before seeking medical care so as not to expose others to mumps in the waiting room. For more information about mumps, visit <http://idph.iowa.gov/cade/disease-information/mumps>.