



County of San Diego

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September 28, 2016

MUMPS CASE IN CALIFORNIA STATE UNIVERSITY SAN MARCOS STUDENT

An undergraduate student at California State University San Marcos (CSUSM) has been diagnosed with mumps. Possible exposure locations include Science Hall 1 & 2 and Markstein Hall, but could include additional campus locations. The County of San Diego, Public Health Services, is recommending that **all undergraduate students who have not received 2 doses of MMR (measles, mumps, and rubella) vaccine previously should receive either 1 or 2 doses of MMR to become up-to-date.** MMR vaccine may be obtained at CSUSM Student Health and Counseling or through your primary medical provider.

Two doses of MMR vaccine are recommended to provide adequate immunity against mumps. If you have already been infected with mumps, it will not prevent illness, but if mumps continues to spread in our community, the vaccine would help prevent someone from developing mumps in potential future exposures.

Mumps is a highly contagious viral disease. The disease is spread by coughing, sneezing, or close contact (face-to-face at a distance of less than 3 feet apart for at least 5 minutes) with an infected person. Mumps typically starts 12-25 days after exposure with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, and then is followed by swelling of salivary glands along the jaw line and near the ears. About half of men who get mumps will have testicular swelling or pain, which may or may not be accompanied by salivary swelling. Anyone who is not immune from either previous mumps infection or from vaccination can get mumps.

Severe complications are rare but can include meningitis, decreased fertility, permanent hearing loss, and, in extreme cases, fetal loss during the first trimester of pregnancy. There is no treatment for mumps. Most people recover without problems.

Students who develop symptoms of mumps illness are asked to take the following actions to help prevent spreading the virus to others:

- Contact CSUSM Student Health Center immediately by phone at (760) 750-4915. Students who choose to go to another healthcare facility because of symptoms should **call ahead** to inform the provider that you may have a case of mumps. This will allow the provider to take appropriate infection control precautions before you arrive.

- Minimize close contact with other people, especially babies, pregnant women, and people with weakened immune systems who cannot be vaccinated.
- Stay home from work or school for 5 days after your glands begin to swell, and try not to have close contact with other people who live in your house.
- Cover your mouth and nose with a tissue when you cough or sneeze, and put your used tissue in the trash can. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands well and often with soap. If you live with children, teach them to wash their hands too.
- Do not share drinks, cigarettes, or cups with anyone.
- Regularly clean surfaces that are frequently touched (such as phones, doorknobs, tables, counters) with soap and water or with cleaning wipes.

For more information about mumps and other vaccine-preventable diseases, and the vaccines that protect against them, please contact the County Immunization Program at (866) 358-2966 or visit the website at www.sdiz.org.

Sincerely,

A handwritten signature in blue ink that reads "Eric C. McDonald". The signature is written in a cursive style with a large, stylized "M" at the end.

ERIC C. MCDONALD, MD, MPH, FACEP
Medical Director
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CC: County Public Health Officer