



NEMAHA COUNTY COMMUNITY HEALTH SERVICES, INC.

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Mumps Case Reported in Nemaha County, KS
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The Kansas Department of Health and Environment (KDHE) and Nemaha County Community Health Services are investigating a case of mumps in Sabetha.

Mumps is a contagious disease caused by a virus. Symptoms include: fever, headache, muscle aches, tiredness, loss of appetite, and swollen and tender salivary glands under the ears on one or both sides of the face. Mumps can cause possible complications, such as, inflammation of the testicles or ovaries, meningitis, encephalitis, or deafness.

Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease. Anyone with symptoms of mumps should contact their physician right away and isolate themselves for five days after onset of swollen salivary glands; they should not go to work, school or any social activities. If someone with suspected mumps must leave their home to seek medical care, a surgical mask should be worn at all times and contact with others minimized.

Mumps virus spreads from person to person through droplets of saliva or mucus from the mouth, nose, or throat of an infected person. An infected person can spread the virus through the following:

- Coughing, sneezing, or talking.
- Sharing items, such as cups or eating utensils, with others.
- Touching objects or surfaces with unwashed hands that are then touched by others.

After being exposed to the mumps virus, it may take between 12-25 days before any symptoms will begin to show. Persons with mumps can spread the virus two days before the onset of swollen salivary glands up to five days after the swelling begins.

In addition to staying isolated when you have mumps, you can help prevent the spread of the virus by:

- Covering 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.
- Washing your hands often with soap and water.
- Avoiding sharing drinks or eating utensils.
- Disinfecting frequently touched surfaces, such as toys, doorknobs, tables, counters.

The MMR (measles, mumps, and rubella) vaccine prevents most, but not all, cases of mumps and complications caused by the disease. People who have received two doses of the MMR vaccine are less likely to get mumps than unvaccinated people who have the same exposure to the mumps virus. However, some people who receive two doses of MMR can still get mumps, especially if they have prolonged, close contact with someone who has the disease. If a vaccinated person does get mumps, they will likely have less severe illness than an unvaccinated person.

The single most effective control measure is maintaining the highest possible level of immunization in the community. Protect your children by having them vaccinated when they are 12-15 months old and again between 4-6 years of age. Call Nemaha County Community Health Services to find out if your child is up-to-date on their MMR vaccination.

Please feel free to call our office at (785) 284-2152 with questions, our staff would be happy to assist you.

For more information about mumps, visit <https://www.cdc.gov/mumps/index.html>