Mumps on College Campuses:
You are on the front line for preventing a mumps outbreak on your campus.
Know what to do.

Think Mumps

- **Mumps outbreaks are currently occurring on many college campuses in the United States, particularly the Northeast and Midwest.**

- Mumps is very contagious in crowded settings like college campuses. It is spread by droplets of saliva or mucus from an infected person via coughing, sneezing, kissing, or other close contact.

- The most common symptoms of mumps are fever, headache, and swollen or tender parotid or salivary glands in the cheek or upper neck. In males, the disease also can cause orchitis.

- The incubation period for mumps is 12–25 days. Fever may last for 3-4 days and parotitis, when present, can last up to 7-10 days. People with mumps are most infectious from 1-2 days before until 5 days after the onset of parotitis.

- Even persons who have had two doses of measles, mumps, and rubella (MMR) vaccine can become infected with mumps and most college students with mumps have received two doses of MMR vaccine.

Test for Mumps

If mumps is suspected, the preferred specimen to collect for diagnostic testing is a buccal swab. The Viral and Rickettsial Disease Laboratory (VRDL) at the California Department of Public Health is the preferred laboratory for mumps testing.

For guidance on buccal swab specimen collection, see:

Report Mumps

Because mumps can spread quickly on college campuses, it is important to report suspected cases of mumps to your local public health department as soon as possible. Your local public health department can coordinate with their laboratory or the State laboratory for mumps testing and will assist you with implementation of outbreak control measures.

Recommendations for Mumps Outbreak Prevention and Control

- **Isolate.** Patients with suspected or confirmed mumps should be advised not to attend class, work, or social functions for 5 days after onset of parotitis, or until mumps is ruled out, and should avoid contact with other people to the extent possible.

- **Vaccinate.** Un- or under-vaccinated persons should receive MMR vaccination. While MMR is not effective as post-exposure prophylaxis against mumps, vaccination may prevent disease from future exposures. Most mumps cases in recent outbreaks have been fully vaccinated and there is some evidence that a third dose of MMR vaccine may limit the duration of a mumps outbreak. Work with your local health department when considering this type of intervention.

Infection Control Precautions for Your Clinic

- Make sure health center staff have received two doses of MMR vaccine or have serologic evidence of immunity to mumps.

- Make sure that health center staff practice hand hygiene and wear a mask when providing care to patients with suspected mumps. For infection control guidance, see: https://www.cdc.gov/infectioncontrol/guidelines/isolation/index.html#b

- For more information, visit the [CDPH Mumps Web Page](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Mumps.aspx): https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Mumps.aspx

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