



Health Department and
Community Health Center

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TO: Barrington High School

FROM: Dr. James Jupa, MD, Infectious Disease Physician, Medical Advisor

DATE: March 13th, 2017

SUBJECT: Mumps Update

Dear students, parents, guardians and staff:

Working in concert with your school administration and school district, I would like to update you on the mumps situation at Barrington High School. As of March 10, 2017, four confirmed cases of mumps have been reported in your school, with an additional 20 more probable and/or suspected cases.

Mumps is a contagious disease caused by a virus. It spreads through saliva or mucus from the mouth, nose, or throat of an infected person. The virus is then spread to others primarily through close distance, by coughing, sneezing, talking, and sharing personal items such as cups or eating utensils with others. Contaminated surfaces are not the main source of the disease. The time between exposure to the disease and the appearance of symptoms can be from 12 to 25 days.

The person is most infectious two days before to five days after their onset of parotitis (swelling near the jaw and neck). The illness typically starts with low grade fever, headache, muscle aches, tiredness, and loss of appetite. Then, most people will experience parotitis which can cause the puffy cheek appearance and a tender, swollen jaw. As many as 20% of mumps infections experience very mild or no symptoms. Most people with mumps recover completely within a few weeks. In the United States, the most commonly reported complications associated with mumps infection (although infrequent) were: aseptic meningitis; testicular inflammation; ovarian inflammation; pancreatitis; myocarditis.

Please see your medical provider if symptoms last more than 2 days. Those who are suspected by a physician of having mumps are to remain home for 5 days after their onset of swelling.

Mumps can be prevented with the MMR vaccine (Measles, Mumps, and Rubella). In fact, vaccination is the best way to prevent mumps. Overall, since the pre-vaccine era, there has been a more than 99% decrease in mumps cases in the United States. People who have received two doses of the MMR vaccine are about nine times 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 experience less severe symptoms than an unvaccinated person.

Mumps outbreaks can still occur in highly vaccinated U.S. communities, particularly in close-contact settings such as schools, colleges, and camps. However, high vaccination coverage helps to limit the size, duration, and spread of mumps outbreaks. School closure during a mumps outbreak is not recommended by the CDC. Instead, the CDC recommends children get their MMR vaccines, starting with the first dose given at 12 through 15 months of age, and the second dose at 4 through 6 years of age.

All students in Illinois need to be up to date on their MMR vaccination (two doses). In addition, in your school, due to this outbreak, adults born before 1957 who do not have evidence of immunity should consider at least one MMR dose. Adults born in or after 1957 are recommended to have two doses of MMR vaccine.

Please be aware that consistent with the Illinois Administrative Code, Title 77 Public Health, Section 690.550 Mumps, susceptible close contacts that do not have acceptable presumptive evidence of immunity, shall be excluded from school from days 12 through 25 after exposure. Acceptable presumptive evidence of immunity against mumps includes at least one of the following:

1. Children; written documentation of receipt of MMR for children in grades K-12: (2 doses of MMR)
2. Adults: at least 1 documented MMR
3. Laboratory evidence of immunity (protective antibody titers)
4. Laboratory confirmation of mumps,
5. Birthdate prior to 1957, or adequate documentation of physician-diagnosed mumps.

When you have mumps, you should avoid prolonged, close contact with other people until at least five days after your onset of salivary gland swelling because you are contagious during this time. You should not go to work or school and limit contact with the people you live with; for example, sleep in a separate room by yourself if you can. Staying home while sick with mumps is an important way to avoid spreading the virus to other people.

In addition to staying away from others when you have mumps, you can help prevent the virus from spreading by covering your mouth and nose with a tissue when you cough or sneeze; put your used tissue in the trash can. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, wash your hands often with soap and water; avoid sharing drinks or eating utensils; disinfect frequently touched surfaces, such as toys, doorknobs, tables, and counters.

Thank you for your attention to this important issue. Please contact your health care provider, Barrington High School or the Lake County Health Department Communicable Disease Program at (847) 377-8130 if you have any questions.