



**Grant County Health District – Always Working for a Safer and Healthier Grant County**

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<b>FOR IMMEDIATE RELEASE 05/21/2010</b>	<b>FOR INFORMATION CONTACT</b>
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GRANT COUNTY – The Grant County Health District has lab-confirmation that a Grant County resident has mumps. He was exposed to mumps at Dordt College in Sioux Center, Iowa. At this time there are no additional cases in Grant County.

Mumps is a highly contagious disease that can be prevented with vaccination. Below is a list of activities the patient participated in while traveling through Washington State during his infectious period. If you were at any of the following locations, please contact your health care provider to discuss your vaccination status.

Patient was at the following places while infectious:

- 5/14/10 3:30-6:30 pm attended an outdoor track meet in Ellensburg.
- 5/14/10 6:15-7:30 pm ate at Valley Café in Ellensburg.
- 5/15/10 Morning, one hour visit to Cambridge Assisted Living in Quincy.
- 5/15/10 6:30 pm went to Columbia Cinemas in East Wenatchee to see Robin Hood.
- 5/15/10 9:00-10:00 pm ate at The Olive Garden in East Wenatchee.

It can take as long as 25 days for symptoms of the disease to appear. Someone with the mumps can spread the disease to another person from approximately three days before they develop symptoms to nine days after onset of the symptoms.

According to the CDC, mumps is spread by droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes or talks. Items used by an infected person, such as cups or soft drink cans, can also be contaminated with the virus, which may spread to others if those items are shared. In addition, the virus may spread when someone with mumps touches items or surfaces without washing their hands and someone else then touches the same surface and rubs their mouth or nose.

**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.

Receiving 2 doses of the MMR (Measles, Mumps and Rubella) vaccine can provide immunity to mumps, but can't prevent infection if the exposure has already occurred. The CDC recommends children should receive the first dose of mumps-containing vaccine at 12-15 months and the second dose at 4-6 years. All adults born after 1956 should have documentation of one dose. Adults at higher risk, such as university students, health care personnel, and persons with potential mumps outbreak exposure should have documentation of two doses of mumps vaccine or other proof of immunity to mumps. If you're unsure of how many MMRs you've received there is a blood test that can help healthcare providers determine whether or not you are immune to mumps.

For more information please visit: [www.cdc.gov/mumps/about/index.html](http://www.cdc.gov/mumps/about/index.html).

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