

## WARNING – Mumps outbreak in Washington State

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### Message from the Health Officer:

There have been a number of suspected mumps cases reported statewide (**Figure 1**), however there are currently **no confirmed cases of mumps** in Mason County.

County	Ferry	Grant	King	Pierce	Skagit	Snohomish	Spokane	Stevens	Thurston	Yakima	TOTAL
# Cases	3	11	185	51	7	5	200	1	3	3	400

Figure 1. Confirmed and probable cases in WA as of 2/15/2017, Washington State Department of Health

### What is Mumps?

Mumps is a disease caused by a virus. At first, symptoms may include a fever, headache, muscle aches, tiredness and a loss of appetite followed by swollen cheeks or jaw. You are most likely to be contagious 5 days after you develop swollen cheeks or jaw.

Some people with mumps may only have a mild illness and be unaware they have the virus; most get well within a few weeks. However, mumps can occasionally cause serious health problems, especially in adults. These health problems can include swelling of the brain or deafness and some males can develop swelling of the testicles.

### You can spread mumps by:

- Coughing, sneezing, or spraying saliva while talking.
- Sharing cups, spoons, forks, baby bottles, and other utensils.
- Touching objects or surfaces that may have been touched by someone with mumps and then putting your contaminated hands into your mouth or nose.

### You can prevent mumps by:

- Getting vaccinated (included in the MMR vaccine).
- Staying away from anyone who has mumps.
- Washing your hands often with soap and water.
- Avoiding the sharing of cups, spoons, forks, baby bottles, and other utensils.

Mumps is not that common, however if you think you have been exposed to it contact your health care provider for testing.

Thank You,

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Mason County Public Health