How many mumps cases have been confirmed?
As of March 15, Public Health – Seattle & King County have confirmed 16 cases of mumps at UW. More cases are expected as the outbreak across King County and Washington state continues.

Where are the mumps cases located?
The reported cases of mumps have been found in a small number of fraternities and sororities near the UW Seattle campus. The number of mumps cases and impacted houses changes daily as suspected cases emerge and are confirmed (or ruled out) by Public Health – Seattle & King County.

How is mumps spread?
Mumps is spread when an infected person coughs, sneezes, or sprays saliva while talking. It can also be spread by sharing food, drinks, utensils, cigarettes or cellphones, and by touching objects or surfaces that may have been touched by someone with mumps. Mumps can spread if someone who has mumps goes to a place where many people are gathered.

What are the symptoms?
Symptoms include swollen cheeks and jaw, and sometimes fever, headache, muscle aches, tiredness, loss of appetite, or testicular pain and swelling.

Who is at risk for getting mumps?
A person can be at risk for getting mumps after coming into contact with an infected person, even if the non-infected person has had two doses of the mumps (MMR) vaccine. A non-infected person living with an infected person could be at risk.

What can I do to prevent a mumps infection?
The best course of action to prevent getting mumps is to make sure you've had two doses of MMR (measles, mumps, rubella) vaccine, wash your hands often with soap and water, avoid sharing food, drinks, utensils and anything that touches your mouth, and avoid coming into contact with sick people.

What should a student do if he or she gets mumps?
UW health officials are strongly recommending that a student who is infected with mumps avoid contact with others to help stop the spread of illness. People with mumps infection are contagious before and after the period when their cheeks or jaw swells. Students who are sick should stay home and not go to class for five days after his or her cheeks and jaw begin swelling. Students with mumps can ask professors for options for completing their assignments and exams during their illness.

What is the UW doing to prevent the spread of mumps?
The UW is working closely with Public Health – Seattle & King County to help stop the spread of mumps. We are sharing information with students and the campus community about the outbreak, including how people can protect themselves and prevent others from getting sick. We are also collaborating with Public Health – Seattle & King County to provide information and offer a third outbreak dose to the residents of impacted fraternities and sororities.

Is there a test to find out if I will get mumps?
There is no test to determine a person's risk for getting a mumps infection.

More info on mumps: kingcounty.gov/health
What are the UW's immunization requirements?
Students are required to provide proof of measles vaccination prior to enrollment at UW. Close to 99% of students have documented proof of measles vaccination. The vast majority of those students are also vaccinated against mumps because the combined measles, mumps, rubella vaccine (MMR) is widely used to vaccinate against both measles and mumps in the U.S.

How effective is the mumps vaccine? Can a person who was vaccinated get mumps?
The mumps vaccine is estimated to be about 88% effective. Although it is not 100% effective, it can significantly reduce the risk of getting mumps. There is a small chance that a person who received two recommended doses of the mumps vaccine can get mumps if she or he is exposed to an infected person.

Why is mumps occurring in people who have been fully immunized?
When many people have been vaccinated in a setting where mumps cases are occurring, most of the vaccinated people are protected, however, mumps cases can still occur in a small percentage of people. Although a minority of vaccinated people may get mumps during an outbreak, the risk is greatly reduced, meaning that many more people would become ill in the absence of vaccination. Read more about the effectiveness of the mumps vaccine on the Public Health — Seattle & King County blog.

How many doses of the mumps vaccine are recommended?
The general recommendation for students is to receive two doses of the combined measles, mumps, rubella (MMR) vaccine, which meets the measles requirement for UW enrollment. Based on information gathered at other mumps outbreaks, there is some evidence that a 3rd dose of the MMR vaccine can provide additional protection. During the week of March 6-10, in an effort to control the outbreak Public Health — Seattle & King County offered a 3rd dose of MMR (also called an “outbreak dose”) to students at high risk.

Should everyone at UW get an outbreak dose of the mumps vaccine?
Public Health — Seattle & King provided outbreak doses of MMR to control the spread of mumps within a clearly defined population at increased risk to prevent it from spreading more widely. The outbreak dose is not recommended for people outside the currently defined high-risk population, which includes residents of sororities and fraternities with active mumps cases. This defined population may change over time based on new and emerging cases.

I think I may be at risk for getting mumps. Should I get an outbreak dose of the mumps vaccine?
If you think you might be at risk for getting mumps, you should contact your health care provider. It may be possible to get an outbreak dose of MMR from your personal health care provider or at a local pharmacy.

How is mumps treated?
There is no specific medical treatment for mumps. Caring for mumps is similar to caring for a common cold. Check with your health care provider to determine what pain relievers and fever reducer options are best for you. Public Health — Seattle & King County strongly recommends that a person who has been diagnosed with mumps stays home and avoids contact with other people to prevent the spread of illness.

Can you provide information about the students who have mumps?
Privacy laws prevent us from revealing any identifying information about students infected with mumps. We cannot share information about health status, class registration, or residential location.

More info on mumps: kingcounty.gov/health
Don’t Get MUMPS!

PROTECT YOURSELF AND OTHERS

• Wash your hands often! Especially after eating and after coming into contact with others.
• Do not share cups, plates, utensils and personal items.
• Wipe off computers, cellphones and any shared items.
• Contact your medical provider if you haven’t had two doses of the mumps vaccine.

STAY HOME IF YOU GET SICK!

- Call your medical provider or Hall Health (206.685.1011) immediately if you think you have mumps.
- Don’t go to school, work or social events. Ask your professors for alternative options.
- Arrange for food delivery to avoid spending time in common areas.

Got mumps? Don’t get your friends sick!
STAY HOME until 5 days after your cheeks or jaw start to swell.

More info on mumps: kingcounty.gov/health