March 23, 2017

Dear UW student,

You may recall receiving an email on February 17, 2017 notifying you about a case of mumps on the UW Seattle campus. As of March 22, Public Health - Seattle & King County has reported 20 cases of mumps in people associated with the UW Seattle campus, which so far have been concentrated among students in sororities and fraternities. However, we anticipate the number of cases among UW students will increase more broadly as the outbreak continues in King County and across Washington state.

Hall Health, the Environmental Health & Safety Department, Student Life and other University departments are working closely with Public Health - Seattle & King County to contain the outbreak and prevent further transmission. In addition, we are advising students, faculty and staff to take preventive measures to help stop the spread of mumps.

Please carefully read the information below, take steps to protect yourself and prevent others from getting sick. If you become infected with mumps, we strongly recommend you avoid contact with others to help stop the spread of illness. Please contact your healthcare provider and stay home if you have symptoms of mumps.

**What is mumps and what are the symptoms?**
Mumps is an illness caused by a virus that can cause fever, headache, swelling of the cheeks and jaw, muscle aches, tiredness, loss of appetite, or testicular pain and swelling. In rare cases, mumps can lead to more serious complications.

**How is mumps spread?**
Mumps is spread when an infected person coughs, sneezes or sprays saliva while talking.

Mumps can also be spread by:
- Sharing food, drinks, utensils, cigarettes or cellphones
- Touching objects or surfaces touched by someone with mumps
- Someone who has mumps going to a place where many people are gathered

**Who is at risk for getting mumps?**
A person can be at risk for getting mumps after coming into contact with an infected person. Students in communal living situations are at highest risk.

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What can I do to prevent a mumps infection?
> Make sure you've had the recommended two doses of MMR (measles, mumps, rubella) vaccine; it is possible to get infected with mumps even if vaccinated, however the risk is greatly reduced.
> Wash your hands often with soap and water.
> Avoid sharing food, drinks, utensils and anything that touches your mouth.
> Avoid coming into contact with sick people.

What should I do if I think I have mumps?
UW health officials are strongly recommending that a person who is infected with mumps avoid contact with others to help stop the spread of illness. People with mumps infection are contagious three days before and five days after the period when their cheeks or jaw swells.

If you are sick:
1. Contact your healthcare provider.
2. Stay home and not go to work or class for five days after the onset of swelling in the cheeks and jaw.
3. Students with mumps can ask professors for options for completing their assignments and exams during their illness.

For more information and updates on the mumps outbreak, please visit the UW Hall Health website.

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