March 11, 2016

MUMPS VACCINE RECOMMENDED FOR UNIVERSITY OF SAN DIEGO STUDENTS

Two undergraduate students at the University of San Diego (USD) have been diagnosed with mumps and there are three additional cases under investigation.

The County of San Diego, Public Health Services, is recommending that all undergraduate students and residential staff receive an additional dose of MMR (measles, mumps, and rubella) vaccine regardless of prior MMR vaccination history. Graduate students, faculty and staff are at lower risk due to more limited close contact exposure and an additional dose of MMR vaccine is currently not recommended for these groups, although any member of the USD community may receive it.

Persons who have received a booster dose of MMR for matriculation to USD are not recommended to receive an additional dose at this time. If you cannot get vaccinated, consult your health care provider or the County Immunization Program at (866) 358-2966 for recommendations.

USD Student Health Services and Public Health Services will be offering MMR vaccine at no cost to all undergraduate students and residential staff on:

- Tuesday 3/15/2016 from 9am – 3pm at the University Center – Forum B
- Thursday 3/17/2016 from 9am – 3pm at the University Center – Forum B

Generally two doses of MMR vaccine are recommended to provide adequate immunity against mumps. However, in several recent mumps outbreaks in colleges and universities, many of those who became ill had already been immunized with two doses. Research from these outbreaks indicates that a third vaccination of mumps vaccine may limit further spread of the disease. If you have already been infected with mumps, it will not prevent illness, but if mumps continues to spread in our community, the extra vaccine would help prevent someone from developing mumps in potential future exposures.

Mumps is a highly contagious viral disease. The disease is spread by coughing, sneezing, or close contact (face-to-face at a distance of less than 3 feet apart for at least 5 minutes) with an infected person. Mumps typically starts 12-25 days after exposure with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, and then is followed by swelling of salivary glands along the jaw line and near the ears. Anyone who is not immune from either previous mumps infection or from vaccination can get mumps.
Severe complications are rare but can include meningitis, decreased fertility, permanent hearing loss, and, in extreme cases, fetal loss during the first trimester of pregnancy. There is no treatment for mumps. Most people recover without problems.

Students who develop symptoms of mumps illness are asked to take the following actions to help prevent spreading the virus to others:

- Contact USD Student Health Center immediately by phone at (619) 260-4595. Students who choose to go to another healthcare facility because of symptoms should call ahead to inform the provider that you may have a case of mumps. This will allow the provider to take appropriate infection control precautions before you arrive.
- Minimize close contact with other people, especially babies, pregnant women, and people with weakened immune systems who cannot be vaccinated.
- Stay home from work or school for 5 days after your glands begin to swell, and try not to have close contact with other people who live in your house.
- Cover your mouth and nose with a tissue when you cough or sneeze, and put your used tissue in the trash can. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands well and often with soap. If you live with children, teach them to wash their hands too.
- Do not share drinks, cigarettes, or cups with anyone.
- Regularly clean surfaces that are frequently touched (such as phones, doorknobs, tables, counters) with soap and water or with cleaning wipes.

For more information about mumps and other vaccine-preventable diseases, and the vaccines that protect against them, please contact the County Immunization Program at (866) 358-2966 or visit the website at [www.sdiz.org](http://www.sdiz.org).

Sincerely,

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Medical Director
Epidemiology & Immunizations Services Branch
Public Health Services
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CC: County Public Health Officer