March 1, 2016
To: USD Community (students, faculty, staff)
From: Pamela Sikes, FNP - Director, Student Health Center
Date: 3/1/16
Subject: Confirmed Mumps Case at USD

The USD Student Health Center (SHC) and the San Diego County Public Health Services have been investigating a probable case of Mumps in an undergraduate non-residential student that has now been confirmed by laboratory testing. It is assumed that this individual was contagious from 2/15/16 through 2/20/16 and was on-campus during a portion of this time.

Most USD students have received during childhood one or two doses of immunization with MMR (Measles, Mumps, & Rubella) vaccine. **Two doses were thought to provide adequate immunity; however, in several recent mumps outbreaks, many of those who became ill had already been immunized with two doses.**

Research from these outbreaks has indicated that there might be a benefit of receiving a 3rd vaccination of mumps vaccine, as this boosts the immune response. It most likely will not prevent illness with mumps if you have already been infected, but if mumps continues to spread in our community it would help prevent you from developing mumps from potential future exposures.

Following a consultation with the state and county Public Health Immunization Branches, I am recommending that whether you have received one or two doses of MMR immunization in the past, you should consider another dose.

*Once you are infected with Mumps, there is no treatment.*

Mumps typically starts 12-25 days after exposure with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, and 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. Complications of mumps can include:

- Inflammation of the testicles (orchitis) in males who have reached puberty, which rarely leads to sterility;
- Inflammation of the brain (encephalitis) and/or tissue covering the brain and spinal cord (meningitis);
- Inflammation of the ovaries (oophoritis) and/or breasts (mastitis) in females who have reached puberty; and
- Temporary or permanent deafness

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. Even though your exposure may have been brief, it’s better to be careful and make sure you are maximally protected.

**What Should You Do?**
As stated above, I am recommending that whether you have received one or two doses of MMR immunization in the past, you should consider another dose.

- Students may receive a MMR immunization at the Student Health Center for $65 each (usually reimbursed by your insurance company). You can schedule an immunization appointment on the mywellness portal.
- Non-students should consult with their healthcare provider.
- If you would like to receive the vaccine, and you are uninsured or underinsured, please print out this letter and present to the Public Health Department for a state funded vaccine.

If you develop symptoms of mumps illness, there are several things you can do to help prevent spreading the virus to others:

- Please contact the SHC by phone so that we can advise you and those you may have exposed.
- 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 hands well and often with soap, and teach children to wash their hands too.
- Don’t share drinks or eating utensils.
- Regularly clean surfaces that are frequently touched (such as phones, doorknobs, tables, counters) with soap and water or with cleaning wipes.

Who Should Not Be Vaccinated?

Some people should not get MMR vaccine or should wait.

- Anyone who has ever had a life-threatening allergic reaction to the antibiotic neomycin, or any other component of MMR vaccine, should not get the vaccine. Tell your medical provider if you have any severe allergies.
- Anyone who had a life-threatening allergic reaction to a previous dose of MMR vaccine should not get another dose.
- Some people who are sick with a high fever at the time the shot is scheduled may be advised to wait until they recover before getting MMR vaccine.
- Pregnant women should not get MMR vaccine. Pregnant women who need the vaccine should wait until after giving birth. Women should avoid getting pregnant for 4 weeks after vaccination with MMR vaccine.
- Tell your medical provider if the person getting the vaccine:
  - Has HIV/AIDS, or another disease that affects the immune system
  - Is being treated with drugs that affect the immune system, such as steroids
  - Has any kind of cancer
  - Is being treated for cancer with radiation or drugs
  - Has ever had a low platelet count (a blood disorder)
  - Has gotten another vaccine within the past 4 weeks
  - Has recently had a transfusion or received other blood products

Any of these might be a reason to not get the vaccine, or delay vaccination until later.
Sincerely,

Pamela Sikes, MS, FNP-BC
Director – Student Health Center
University of San Diego