

## Notice to UCLA Campus about a Mumps Outbreak at UC Berkeley

October 11, 2011

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This notice is to inform all UCLA students, faculty, and staff about a recent outbreak of mumps among the UC Berkeley campus community. Although **no cases have been reported at UCLA**, it is important to be informed and protect yourself.

### **What is mumps?**

Mumps is a contagious viral infection that is spread by droplets of saliva or mucus, coming from the mouth, nose, or throat of an infected person. Most common symptoms develop 16-18 days after exposure to the virus (range 12-25 days). Treatment for mumps consists of getting plenty of rest and consuming fluids. Antibiotics are not useful. The infection resolves on its own within about 10 days, although in rare instances complications from mumps can occur.

### **What are the symptoms of mumps?**

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen/tender salivary glands under the ears, jaw, or tongue, on one or both sides of the face

As a precaution for students, if you have any of these symptoms or if you have been in contact with someone exposed, stay home and contact your Primary Care Provider or the Ashe Center. Students may call the Ashe Center during business hours at (310) 825-4073. After hours, contact our *Nurseline* at (877) 351-3457.

### **What should I do to protect myself?**

Review your vaccination records. Most UCLA students have received two doses of MMR (measles, mumps, rubella) vaccine during childhood, but if you are not certain or you do not have records that you have received two doses, we recommend that you be vaccinated. Two doses of the vaccine are more effective against mumps than one dose and prevent most, but not all, cases of mumps or mumps complications.

Wash your hands frequently or use a hand sanitizer. Cover your cough to reduce the spread of disease. Do not share eating utensils, drinking glasses, water bottles, etc. Avoid close contact with anyone who is ill.

The Ashe Center is prepared to respond if any cases should arise on our campus, and will take the appropriate steps to keep all UCLA students, faculty, and staff safe and healthy.

For more detailed information please refer to the Ashe Center website, [www.studenthealth.ucla.edu](http://www.studenthealth.ucla.edu). If questions remain, then contact the Ashe Center at (310) 825-4073.

### **Helpful Links:**

- Mumps outbreak at UC Berkeley, visit <http://uhs.berkeley.edu/home/news/mumps.shtml>
- General information about mumps, visit <http://www.cdc.gov/mumps/about/index.html>
- For faculty and staff: Environmental Health & Safety, visit [www.ehs.ucla.edu](http://www.ehs.ucla.edu) or (310) 825-9797

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**Stay informed and connected with UCLA by visiting [www.studenthealth.ucla.edu](http://www.studenthealth.ucla.edu) for updates.**