



## FOR IMMEDIATE RELEASE

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## Mumps

There are now over 21 cases of mumps related to the outbreak at Midland University in Fremont, Nebraska. North Central District Health Department received their first confirmed case on June 1, 2016. Most students have traveled home for the summer and some have become symptomatic after returning to their home locales which may result in further spread throughout the state.

Mumps is a viral illness that causes swelling of glands in the face and neck. Symptoms may include earache, jaw pain, testicular pain, fever, fatigue and muscle aches. The virus is spread through saliva or mucus from the mouth, nose or throat, according to the CDC. This means mumps can be spread through coughing, sneezing, talking and sharing cups or utensils.

HHS and North Central District Health Department encourage anyone with similar symptoms abstain from activities outside of the home and to be assessed by a physician so treatment measures can be taken.

People with the virus are considered the most contagious during the three days before and the five days after the onset of symptoms, according to the Health Alert Network Advisory.

Per the advisory, infections occur among persons of all ages. Individuals who previously had mumps are considered immune to the virus. However, those who have been vaccinated for mumps, although much less likely to contract the virus, can still be infected. Pregnant women and those who are immunocompromised are at higher risk.

Please contact North Central District Health Department at 402-336-2406 or your primary care provider if you have any questions or concerns.

Additional information on Mumps is available at <http://www.cdc.gov/mumps/>