



# NEWS



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## **Mumps cases rise at Illinois State University** *Campus community alerted today to increased mumps activity*

BLOOMINGTON – There has been an increase in the number of positive mumps cases connected with the Illinois State University campus prompting the McLean County Health Department to alert the Illinois Department of Public Health of the isolated outbreak situation. The university will be communicating with the campus community and following up with more specific information and instructions for campus members that are the most susceptible to the mumps virus.

Explains Melissa Graven, Communicable Disease Program Supervisor, “New reports of mumps started coming in at the end of January which prompted us to share mumps prevention information again with the public. When a virus like mumps is circulating it’s not too surprising to see a cluster of cases appear in a closed community, like a college campus, despite our prevention messages – it’s a contagious disease in a population that participates in social activities and often lives in more densely populated living quarters. What we are focused on now is stopping the continued spread of the virus at ISU by encouraging students to be sure they have received two doses of MMR, stay home if they feel ill, and seek care from their healthcare provider if signs and symptoms persist.”

Throughout the county there are currently 6 confirmed mumps cases, with additional test results pending. An outbreak occurs when there are three or more positive cases of a disease connected by time and place. The age range of those currently diagnosed with mumps is from 6 years to 37 years of age.

“Now that the mumps virus is circulating again please take steps to protect yourself and others, it will not only protect you and your family, but it will help us protect the community,” says Graven. “We really want to be sure we are protecting those who cannot get the mumps vaccination due to medical conditions, and the community can help by making sure they have done all they can do to prevent contracting the mumps virus.”

**-MORE-**

Preventative steps everyone should take to avoid getting the mumps include the following good health practices:

- Make sure you are up-to-date on two (2) doses of the measles-mumps-rubella (MMR) vaccine.
- Avoid close contact with individuals who are sick.
- Avoid sharing drinks, eating utensils, and cigarettes with others.
- Wash your hands well and frequently with soap and water. If soap and water is not available, use an alcohol-based hand sanitizer.
- Clean frequently touched surfaces (doorknobs, tables, desks, counters) regularly with soap and water or with cleaning wipes.

Mumps is a contagious, viral illness that is spread from person-to-person through droplets of saliva or mucus from the mouth, nose, or throat of an infected person—usually when the person coughs, sneezes or talks. It also can be spread when someone with mumps touches items or surfaces without washing his/her hands and then someone else touches the same surface and touches his/her nose or mouth.

People at highest risk for mumps are those who have not received any doses of measles-mumps-rubella (MMR) vaccine and those who have received only one dose of MMR. For every 100 people vaccinated with two (2) MMR doses, 80 to 90 of them will be fully protected and 10 to 20 will remain at risk for the disease.

The McLean County Health Department is again working together with partners in the community to help curb the spread of mumps. Anyone unsure of their vaccination status can make an appointment at the health department, or with their healthcare provider, to have a mumps titer test done to test for immunity to mumps. Individuals born before 1957 have presumed immunity to mumps but can have a mumps titer test done to be sure of their immunity status.

The Illinois Department of Public Health continues to test symptomatic individuals and the McLean County Health Department is available to provide MMR vaccinations to those that do not have the two (2) required doses of the vaccine. To schedule an MMR vaccination at the McLean County Health Department, call 309-888-5435. The health department accepts both private and public health insurance. Additional information about mumps can be found at:

<http://1.usa.gov/1LOrnnQ>

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## Background

### How do I know if it is mumps or flu, and what should I do about it?

Since it's flu season it might be difficult to know if symptoms such as headache, low-grade fever, or achiness are due to infection with mumps or the flu. What we ask is that individuals experiencing any of these symptoms stay home from school or work. If it's mumps, the symptoms will typically progress to swelling of the salivary glands around the lower portion of the face and upper portion of the neck. Anyone who develops swollen salivary glands, testicles, or ovaries should contact their healthcare provider right away to get tested for mumps.

### Is it Mumps or Flu? They start with common symptoms:

| MUMPS  | FLU  |
|--|--|
| <b>Similar</b>   | <b>Similar</b>                             |
| Feeling very tired (fatigue)   | Feeling very tired (fatigue)               |
| Muscle or body aches   | Muscle or body aches                       |
| Headache   | Headache                                   |
| Loss of Appetite   | Loss of Appetite                           |
| Low-Grade Fever or feeling feverish  | Low-Grade Fever or feeling feverish        |
| <b>Different</b>   | <b>Different</b>                           |
| Swollen and tender salivary glands under the ears on one or both sides (parotitis)   | Runny or stuffy nose                       |
| Some people may have testicular inflammation in post-pubertal males and inflammation of the ovaries or breasts in females who have reached puberty | Cough                                      |
|  | Sore Throat                                |
|  | Some people may have vomiting and diarrhea |