

Syracuse University
Office of Health Services

Dear Students, Faculty and Staff:

As you head home later this week to celebrate the Thanksgiving holiday, it is important that you continue to exercise good health practices to protect yourself, your family and friends from mumps.

According to the Onondaga County Health Department, you should take the following precautions to minimize the spread of mumps:

- Watch for symptoms of mumps (fever, pain and swelling of the salivary glands, headache, muscle aches, loss of appetite) for 25 days after you leave campus, especially if you have been exposed to a person diagnosed with mumps. It can take from 12 to 25 days after you are exposed to someone with mumps to become ill.
- If you feel sick and develop symptoms of mumps, seek medical care immediately and tell your physician that you might have been exposed to mumps. Also, stay home and limit contact with people you live with for five days (separate bedroom and bathroom, if possible). Make sure you take appropriate infection precautions to minimize exposure to household contacts.
- To prevent the spread of infection to others, you should take the following precautions:
 - Avoid any activities that involve exposure to saliva, including kissing or sharing such personal items as cups, water bottles, eating utensils, toothbrushes, ChapStick, vape pens, etc. Cover your coughs and sneezes.
 - Wash your hands with soap and water frequently.
 - Wipe down frequently touched or shared surfaces (such as doorknobs, tables, counters, faucets, etc.) after each use with a disinfectant wipe (such as Clorox).

Other actions you can take to protect your family include:

- Vaccination is the best protection against mumps infection. Anyone at risk of being exposed to mumps who is not fully immunized should ask their health care provider about getting an MMR vaccination.
- Even fully vaccinated people can get mumps, especially if they have close contact with someone who is ill. Everyone should take precautions to prevent the spread of infection.
- Avoid prolonged contact with people at increased risk of getting mumps, including infants who are not vaccinated and those with weakened immune systems (organ transplant, being treated for cancer, etc.).

To learn more about mumps prevention, detection and treatment, visit health.syr.edu/.

I hope you have a healthy and happy Thanksgiving.

Sincerely,

Dr. Karen Nardella
Medical Director, Office of Health Services