



You Can Prevent the Spread of Mumps at Summer Camp

Protect yourself, your family, and the community

What is mumps?

Mumps is a highly contagious viral infection that spreads easily from person to person if they are not immune. It can travel through the air when people cough, sneeze, talk, or laugh. It can also spread when items with saliva on them are shared. Items include cups, bottles, cans, forks, spoons, and more.

Living in close spaces like dorms or camps can increase the risk of mumps spreading. People who get mumps can get very sick and spread the disease to others. That's why it's important to recognize the symptoms, follow prevention steps, and get vaccinated. Any child who becomes sick at camp should receive medical care right away. The health director or camp director should be notified.

Know the signs and symptoms of mumps.

Mumps usually involves pain, tenderness, and swelling of the salivary glands in the cheek, jaw, tongue, and under the jaw. Other signs and symptoms of mumps include tiredness, lack of appetite, fever, headache, weakness, and muscle aches.

It takes on average 16 to 18 days for mumps symptoms to show. People are highly contagious before symptoms appear. This



means they can pass mumps to others before they know they are sick. An infected person can spread mumps from a few days before their salivary glands begin to swell until 5 days after.

Complications of mumps can include inflammation of the brain (encephalitis),

the tissue covering the brain and spinal cord (meningitis), and inflammation of the ovaries, testicles, and pancreas – as well as deafness.

Steps to prevent mumps:

- 1. Get vaccinated.** Be sure you and your family are fully vaccinated with the mumps vaccine. It is safe and effective. Two doses of the MMR (measles, mumps, rubella) vaccine provide the best protection.
- 2. Know if you and your family are immune.** You are considered immune if you have a written record of 2 doses of the MMR vaccine. You are also considered immune if you have a “lab” test showing immunity. If you are not sure about immunity, talk to a health care provider before going to camp.
- 3. Practice good hygiene.** Wash your hands often with soap and warm water for at least 20 seconds. Scrub between fingers, on the backs of your hands, and under nails. Cough or sneeze into a tissue or your elbow. Put used tissues in a lined waste bin or a trash can with a lid. This will help reduce the risk of germs from spreading in the air and on surfaces.
- 4. Avoid contact and stay home when sick.** Stay away from people who have mumps until they are no longer contagious. If you are sick, protect others by staying home until you are no longer contagious.
- 5. Call ahead before seeking medical care.** If you think you or a family member have mumps, call before seeking medical care. This will help the office, clinic, or emergency department take steps to prevent others from being exposed to mumps.

*Need a vaccine or want to learn more about how to prevent mumps?
Call your health care provider or local health department. For more information, visit:*

health.ny.gov/mumps



**Department
of Health**