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Mumps Outbreak at Kansas State University

Manhattan, Kan. – The Riley County Health Department and the Kansas Department of Health and Environment (KDHE) along with healthcare professionals in Manhattan and at Kansas State University (KSU) are investigating a mumps outbreak associated with the University’s Manhattan campus. Currently, three cases have been identified and onsets of illness range from late January to mid-February. Information is subject to change as investigations continue.

Mumps is a contagious disease caused by the mumps virus, a member of the *Paramyxoviridae* family. Symptoms of illness include: fever, swelling of the parotid gland/s (parotitis), myalgia, malaise, loss of appetite and headache. Other complications include orchitis (swelling of the testicles), oophoritis (inflammation of the ovaries), meningitis and encephalitis. Symptoms generally last 2-10 days, and individuals are most infectious from two days before onset of parotitis to five days after onset; most people recover completely in a few weeks.

Mumps is a four-hour reportable disease in the state of Kansas. All cases should be reported to KDHE by calling the Epidemiology Hotline (1-877-427-7317). Anyone who suspects they have mumps should contact their health care provider immediately and stay home from work, school and any social activities. KSU students, faculty or staff who are concerned that they have mumps should call the Lafene Health Center at 785-532-6544.

Mumps spreads through saliva or mucus from the mouth, nose or throat from an infected person. An infected person can spread mumps through:

- Coughing, sneezing or talking
- Sharing items such as cups or eating utensils
- Touching objects or surfaces without washing their hands that are then touched by others

Aside from staying isolated with you have mumps, other ways to prevent from spreading this virus include:

- Covering your mouth and nose with a tissue when you cough or sneeze, and properly discarding of the tissue. If you do not have a tissue, cough or sneeze into your upper sleeve/elbow, not your hands
- Washing hands with soap and water for at least 20 seconds
- Avoid sharing drinks or eating utensils
- Disinfecting frequently touches surfaces, such as toys, doorknobs, tables and counters

After the introduction of the MMR (measles, mumps and rubella) vaccine, mumps became less common in the United States. MMR vaccine prevents most cases of mumps, but not all. Some people who receive two doses of MMR can still get mumps, especially if they have prolonged close contact with someone who has the disease. If a vaccinated person does become sick with mumps, illness can be less severe than in an unvaccinated person. The most effective way to reduce risk of contracting mumps is by being vaccinated with the MMR vaccine.

For more information, visit:
www.cdc.gov/mumps

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