**Mumps Information and Precautions to Take**

Last week, the University of Kentucky’s University Health Service (UHS) began seeing a cluster of cases of parotitis (swelling of the salivary glands) within our student population. Today, test results confirmed mumps in three of the initial patients who were tested. Mumps is a contagious disease caused by the mumps virus. It typically starts with a few days of fever, headache, fatigue, and loss of appetite, followed by swollen salivary glands.

It is important to know the overwhelming majority of people who contract mumps recover completely. Vaccination for mumps by administration of the measles, mumps, and rubella (MMR) vaccine is an effective means of prevention; however, mild cases may still occur. At this time, we continue to work with the Lexington-Fayette County Health Department as well as the Kentucky Department of Public Health to further investigate this cluster.

Your safety and health, as always, is our top priority at the University of Kentucky. With that, it's critical that we all work together to ensure everyone's health and well-being.

Here are some guidelines to follow, if you have swollen salivary glands:

- First, any students who have swollen parotid salivary glands should make an appointment with UHS to be evaluated. Students can go online and make an appointment via the Student Health Link on the My UK portal or by calling 589-323-APPT(2778) Monday through Friday from 8 a.m. to 6 p.m.

- Second, UK faculty and staff who have symptoms of swollen salivary glands should see their local clinician, or if they cannot get an appointment with their regular clinician and have UK HMO, PPO, or EPO they can call for an appointment at UKHPUCC (UK Health Plans Urgent Care clinic) at 859-323-SICK(7425).

- Third, if you have any of the symptoms of mumps, avoid prolonged close contact with other people for five days after your salivary glands began to swell. You should not go to work or classes during this period.

- Fourth, in addition to staying away from others, you can help prevent the virus from spreading by covering your mouth and nose with a tissue when you cough or sneeze, washing hands frequently, and wearing a mask if you have to be around others.

The most effective means of mumps prevention is administering two doses of the MMR vaccine. If you have not previously been vaccinated or if you are unsure if you have received two doses of the MMR vaccine, we are recommending that you get vaccinated. UHS is currently working to procure additional doses of MMR vaccine for administration to students who are not currently up to date. Further communication regarding vaccine availability and administration times will be made available early next week. Vaccination may also be available through your local pediatrician or primary care physician.

For more information, go to:
- [http://www.cdc.gov/mumps/index.html](http://www.cdc.gov/mumps/index.html)