Mumps Prevention

As part of Binghamton University’s efforts to inform its students and their families of issues that could potentially have a widespread impact, we share the following:

Since December 2005, the Midwest section of the United States has been experiencing an outbreak of mumps – an acute viral infection characterized by headache, fever, fatigue and muscle ache, followed by acute onset of tenderness and swelling of salivary glands on one or both sides of the neck in front of the ear at the angles of the jaw.

The majority of cases are occurring among persons 18-25 years of age, many of whom are vaccinated and are on college campuses.

As a result, and in keeping with recommendations from the Centers for Disease Control and the American College Health Association, Binghamton University strongly encourages all students to check their immunity status and ensure they have had two mumps vaccinations.

Information about mumps, mumps immunity and containment of any infection:

- Complications of mumps can include deafness; inflammation of the testis, ovaries or breasts; pancreatitis; meningitis/encephalitis; and spontaneous abortion. Reduced fertility is possible, but sterility is rare.
- Transmission occurs by direct contact with respiratory droplets, saliva or contact with contaminated objects.
- The incubation period is generally about two weeks and outbreaks are controlled by isolation, vaccination and exclusion of susceptibles.
- For those born after 1957, mumps vaccination, usually given as part of the Measles, Mumps, Rubella (MMR) vaccine, typically provides 80 percent protection with a second vaccination estimated to increase protection to 90 percent.
- In routine situations, you are considered immune from mumps if:
  - you were born before 1957;
  - you were diagnosed by a doctor as having mumps;
  - you have a blood test that indicates mumps immunity; and
  - you have had at least one mumps vaccination on or after your first birthday. In an outbreak, an additional vaccination may be recommended.
- If symptoms develop, isolate yourself. Do not go to classes, work or social activities but do go to the Health Service for evaluation, testing and recommendations.
- If the diagnosis of mumps is confirmed, isolation should be maintained for nine days after symptom onset and the diagnosis must be immediately reported to the local health department.
- The Health Service and health department will notify the University community and will guide a response to limit the spread of the disease.

If you have questions about mumps or mumps vaccination, contact the University Health Service at 607-777-2221 or visit http://health.binghamton.edu/services.htm. There is also a wealth of information through the CDC at www.cdc.gov.