



DuPage County Health Department

Central Office

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Telephone: (630) 682-7400

www.dupagehealth.org

April 13, 2006

Dear DuPage County School and Child Care Center Parents, Families, and Staff:

The state of Iowa has been experiencing a large mumps outbreak that began in December 2005. A total of 605 cases of mumps have been reported to the Iowa Department of Public Health by the end of Wednesday, April 12th. In Illinois, 57 cases have been reported as of April 13th.

If a child is vaccinated against mumps, his or her risk of getting mumps is very low. It is important, however, to be aware of the signs and symptoms of mumps, because you can still get mumps, regardless of your age or vaccination status.

Mumps symptoms include swollen glands close to the jaw and/or fever, headache or muscle aches. **If you or anyone in your family exhibits any of the symptoms of mumps, please contact your family physician for further evaluation.** In Illinois, patients with mumps must be isolated from day care, school, work, and public gatherings until at least 9 days after the onset of symptoms.

Children and adults should be up to date with their immunizations. For mumps, one or more vaccine doses in persons born during or after 1957 is considered adequate. Persons born before 1957 are thought to be immune, since they were likely infected naturally between 1957 and 1977 (when the live vaccine was administered routinely). Please discuss your family's vaccination history with your physician.

Since mumps is primarily spread by direct contact with respiratory droplets, persons may prevent contracting mumps with a few simple actions:

- Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue away after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. If water is not near, use an alcohol-based hand cleaner.
- Do not share eating and/or drinking utensils.
- Refrain from close contact with individuals who are sick/experiencing symptoms.
- Avoid touching your eyes, nose or mouth. (Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.)

If you or your physician have any further questions, please contact the DuPage County Health Department at 630-682-7979, ext. 7553.

Sincerely,

THE DUPAGE COUNTY HEALTH DEPARTMENT

Rashmi Chugh, M.D., M.P.H.
Medical Officer

Maureen McHugh
Interim Executive Director

"We promote health, prevent illness, and provide quality service"