



## Coming to campus for a camp or event?

Summer 2014

Ohio State and the Central Ohio community have been experiencing an outbreak of the mumps. The university is working to proactively provide information about the mumps outbreak to faculty, staff, students and visitors to campus. As always, the health and safety of the Ohio State community and our guests is the university's primary concern. We want you to be aware and educated about the mumps prior to making the trip to campus, so that you can make decisions that are best for you and your family.

While mumps typically does not result in a serious health condition, it is a highly contagious viral illness that is spread by respiratory droplets, usually when the person coughs, sneezes or talks. Symptoms include fever, body aches, headaches and swelling of the salivary glands under the ears or jaw. For further information, including potential complications, please visit the CDC website: <http://www.cdc.gov/mumps/about/mumps-facts.html>.

Ohio State's medical experts recommend that anyone planning to visit campus or attend a summer camp check their vaccination status. For individuals 4 years of age or older, two doses of the mumps vaccine would be considered up-to-date. Typically, the mumps vaccine is given as a combination vaccine with measles and rubella (MMR). If someone needs additional mumps vaccine, it is preferable that all doses are given two weeks prior to coming to campus. We do not want to discourage anyone from visiting, but it is important to keep all members of the extended Ohio State family as safe and healthy as possible, so we are encouraging everyone to be proactive about their health.

The vaccination recommendations of our panel of experts based on the current characteristics of the mumps outbreak on campus are available at: <https://www.osu.edu/mumpsinfo> (click on Vaccination Recommendations). Though vaccinated individuals may still get the mumps, the vaccine greatly lowers the number of people who get sick when exposed to the virus.

Because mumps can be spread in much the same way as the flu, it is important for everyone to take proactive measures to keep yourself, and others, well:

- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue available, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands frequently with soap and water or an alcohol-based hand cleaner
- Do not share or pass eating utensils, cups, etc.
- Avoid close contact with anyone showing symptoms of illness
- As mentioned above, be up-to-date on your vaccinations

More information about mumps can be found at the [Centers for Disease Control website](http://www.cdc.gov) or at <https://www.osu.edu/mumpsinfo>.