



## Mumps Frequently Asked Questions

### **What is mumps?**

Mumps is a viral illness that can cause fever, body aches, headaches, fatigue, swelling of the salivary glands or pain with chewing or swallowing. About a third of people who contract the mumps virus do not develop any symptoms.

### **How does the mumps virus spread?**

Mumps is spread by droplets of saliva or mucus from the mouth, nose, or throat of an infected person. Saliva can pass from one person to another when they share straws, spoons, forks, cups, cans, bottles and even lip gloss. Mumps is also commonly spread when an infected person coughs or sneezes, and a non-infected person inhales respiratory droplets that contain the virus.

### **How soon after infection do symptoms occur?**

Symptoms usually occur 14 to 18 days after infection. The time between infection and illness can be as short as 12 days or as long as 25 days.

### **When can mumps be spread?**

A person with mumps is most contagious before symptoms even appear. People with mumps are usually contagious from two days before to five days after they develop symptoms.

### **How can a person with mumps avoid spreading it to others?**

- Stay at home for five days after symptoms (salivary gland swelling) begins (required by Ohio law OAC 3701-3-13, (P)); avoid school, work, social gatherings, and other public settings.
- Don't share eating or drinking utensils.
- 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.

### **Was there a mumps outbreak at Ohio State?**

In March 2014, Columbus Public Health affirmed an outbreak of mumps on Ohio State's Columbus campus. Ohio State worked closely with on-campus medical experts, Columbus Public Health and other partners to respond to the outbreak and on July 30, 2014, Columbus Public Health notified Ohio State that the outbreak was resolved. To enhance the health and wellbeing of the university community, Ohio State has continued proactive messaging encouraging vaccination and healthy behaviors.



**Is there current concern related to mumps outbreaks associated with college campuses?**

The 2015 outbreak of mumps at the [University of Illinois](#) is a reminder that everyone should always be proactive about knowing their vaccination status and taking steps to be vaccinated, if necessary. To enhance the health and wellbeing of the university community, Ohio State shares proactive messaging encouraging vaccination and healthy behaviors at various times throughout the year.

**Is there a vaccine to prevent mumps?**

Yes, the mumps vaccine is given on or after a child's first birthday. In the United States, it is usually combined with measles and rubella vaccines, together known as MMR (measles, mumps and rubella). A second dose of mumps vaccine is recommended before children enter school (when they are four to six years old.) People who receive two doses of mumps vaccine are much less likely to develop mumps than those who have one dose or none.

**Does Ohio State have a vaccination requirement?**

In the spring of 2015, Ohio State announced a vaccination requirement for students. All new students to the Columbus campus enrolling for the autumn 2015 semester and later will be required to have vaccinations for: diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, hepatitis B and varicella (chickenpox). Students who are new to residence halls on all Ohio State campuses will be required to have the meningococcal conjugate (ACWY) vaccination recommended by the CDC. More information is available online:

[shs.osu.edu/services/vaccinations](http://shs.osu.edu/services/vaccinations)

**Can people who have been vaccinated still get mumps?**

Yes, for every 100 people vaccinated, 80 to 90 of them will be fully protected, but 10 to 20 are at risk for the disease. Though mumps vaccination cannot protect everyone, the vaccine greatly lowers the number of people who get sick when exposed to the virus. If a community maintains a high vaccination rate, the risk of exposure declines too. And while vaccination cannot protect everyone from developing mumps, people who get mumps following vaccination are at lower risk of problems.

**What should I do if I attend or work at The Ohio State University and think I was exposed to mumps?**

If you are exposed to mumps and have been vaccinated, you are less likely to develop the disease. If you did not get the vaccine or only got one dose, there is no treatment to prevent infection. However, our medical experts recommend that you get a 2<sup>nd</sup> dose or begin the vaccine series as this may lessen the severity of illness or decrease the spread to others on campus. The vaccine is available to students through Student Life Student Health Services. Call 292-4321 to schedule an appointment. Faculty and staff should first contact their primary care physician to determine vaccination status and schedule an appointment to be vaccinated, if needed. If you do not have a primary care physician or are unable to receive the vaccine through your primary care physician, see the FAQ below for additional options to receive the vaccine.



Please note, the measles, mumps rubella (MMR) vaccine is a **live vaccine**, and certain individuals should not receive it. The [MMR Vaccine Information Statement](#) from the CDC details those conditions where MMR should not be given. At all university sites, individuals will be screened by a healthcare professional to ensure eligibility prior to receiving the vaccine.

If you develop symptoms of mumps, please **stay home** from work, school, sports and all public gatherings for five days after symptoms start. You should seek medical care to be properly diagnosed. You can schedule an appointment with Student Life's Student Health Services by phone at 292-4321 or [via their website](#), or after hours you can go to Ohio State's urgent care center at the [Martha Morehouse Medical Plaza](#), 2050 Kenny Road, Suite 2400.

Faculty and staff with mumps symptoms should contact their primary health care providers.

### **Where can I be vaccinated?**

You should first contact your primary care physician to determine your vaccination status and schedule an appointment to be vaccinated through your primary care physician, if needed. If you do not have a primary care physician or are unable to receive the vaccine through your primary care physician, Ohio State students, faculty and staff, can receive the mumps vaccine (MMR) at the following locations:

- **Ohio State Students (including health science students):**

Wilce Student Health Center  
1875 Millikin Road  
614-292-4321

Call to schedule an appointment during routine hours.

- **Ohio State Staff and Faculty with Ohio State health insurance (including dependents ages 18 and older covered by university health insurance):**

In-network local pharmacy

Many pharmacies have limited supply of the MMR vaccine. Call ahead to ensure your preferred pharmacy has vaccine in stock. Some pharmacies may refer you to their clinic, which could include a co-pay for the vaccine. Only the MMR vaccine issued by the pharmacist is covered with no co-pay through Ohio State's insurance.

- **Ohio State Staff and Faculty: (Bring insurance card and vaccination records, if available)**

University Health Connections:  
McC Campbell Hall Suite 201  
1581 Dodd Drive

Call 614-293-8146 and select Option 2 to schedule an appointment

- **Ohio State Staff and Faculty if not able to use University Health Connections (Ohio State ID required to receive vaccine. Bring vaccination records, if available):**

OSUWMC University Health Services:  
McC Campbell Hall Suite 201  
1581 Dodd Drive



Walk-ins welcome Monday through Friday between 7:30 a.m. and 4 p.m.

**What do I need to bring to get the vaccine?**

Students will need to bring their BuckID and insurance card or information. Faculty and staff will need to bring their Ohio State ID. Anyone who has printouts or records of their vaccinations should also bring that information with them.

**How can I determine if I should be vaccinated?**

In the spring of 2015, Ohio State announced a new vaccination requirement for students. All new students to the Columbus campus enrolling for the autumn 2015 semester and later will be required to have vaccinations for: diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, hepatitis B and varicella (chickenpox). Students who are new to residence halls on all Ohio State campuses will be required to have the meningococcal conjugate (ACWY) vaccination recommended by the CDC. More information is available online:

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For all others, the recommendations of the university's medical experts, following consultation with Columbus Public Health, the Ohio Department of Health and the Centers for Disease Control and Prevention are:

- Individuals who have documentation of receiving two doses of the MMR vaccine or a positive mumps titer (blood test used to confirm immunity) do not need to receive any additional vaccine. If an individual has received two doses of MMR, a third dose is not recommended at this time.
- The following groups are at higher risk, and receiving two doses of the MMR vaccine is strongly recommended:
  - Anyone who works in a healthcare facility
  - Post-secondary (college) students, and
  - Anyone who plans to travel internationally
- For all other individuals who work on or frequent the Columbus campus, one dose of the MMR vaccine is recommended.
- The MMR vaccine is a live vaccine, and certain individuals should not receive it. The [MMR Vaccine Information Statement](#) from the CDC details those conditions where MMR should not be given.
- At all university sites individuals will be screened by a healthcare professional to ensure eligibility prior to receiving the vaccine.

A flowchart to determine if you need to be vaccinated is available [online](#).

While not required for employment at this time, it is strongly recommended that all individuals associated with the university follow these guidelines.



### **Can I check my vaccination status online?**

Online vaccination information is available for the following faculty, staff and students:

- Ohio State University Wexner Medical Center staff and faculty may check their vaccine records through Employee Self-Service portal under the HR tab on OneSource. Specific directions for finding these records are also available on [OneSource](#).
- Health Sciences students may check their vaccine records through the My BuckMD portal through Student Health Services. Specific instructions for finding these records are at the [My Buck MD webpage](#).

### **Have mumps outbreaks occurred in vaccinated people before?**

Yes, in 2014, Ohio State and the Columbus community experienced an outbreak. In February 2014, Fordham University in New York also experienced an outbreak amongst its student community. In 2006 there was an outbreak of mumps in the Midwestern United States. The outbreak was mainly among college students who had already been vaccinated. There was an outbreak of mumps in 2009-2010, mostly among school-aged children who had been vaccinated in New York City.

### **What problems can mumps cause?**

- The vast majority of mumps cases do not lead to serious complications.
- The mumps virus can cause inflammation of the central nervous system, but the resulting illness (viral meningitis) is usually not serious. Headache and stiff neck may occur in up to 15% of people with mumps.
- Males who are past puberty may experience orchitis, or testicular inflammation. It causes pain, swelling, nausea, vomiting and fever. The affected area may remain tender for weeks. Approximately half of patients with orchitis experience some atrophy of the testicles, but they rarely lose the ability to produce sperm.
- Some women may experience inflammation of the ovaries or breasts from mumps.
- Deafness, in one or both ears, occurs in approximately one person out of 20,000 who develops mumps.

### **Where can I get more information about mumps and mumps vaccine?**

- For Ohio State-specific information: <http://osu.edu/mumpsinfo>
- For **patients** (Centers for Disease Control and Prevention [CDC]): <http://www.cdc.gov/mumps/outbreaks/outbreak-patient-ga.html>
- For **providers** (CDC): <http://www.cdc.gov/mumps/outbreaks/outbreak-providers-ga.html>
- Mumps outbreaks (CDC): <http://www.cdc.gov/vaccines/vpd-vac/mumps/outbreak/case-control.htm#outbreak>



- Prevention and control in healthcare settings (CDC): <http://www.cdc.gov/mumps/prev-control-settings/index.html>
- Measles, mumps and rubella vaccine (Immunization Action Coalition): [http://www.immunize.org/vis/vis\\_mmr.asp](http://www.immunize.org/vis/vis_mmr.asp)

*Information provided courtesy of Ohio State Student Life Student Health Services, The Ohio State University Wexner Medical Center, Columbus Public Health, the Ohio Department of Health and the Centers for Disease Control and Prevention.*