

# Don't Assume You're Immune.

## NOW IS THE TIME TO GET UP TO DATE ON YOUR VACCINATIONS.

Talk to your primary care provider and make sure you have all the recommended immunizations to stay healthy—particularly the MMR for mumps, measles and rubella.

- ✓ **Check your immunization records with your primary care provider.**
- ✓ **Update your vaccinations.**

If you are not sure or cannot determine your vaccination status, the best action to offset illnesses and take charge of your health is to get another vaccination.

**For more information, including a list of recommended vaccines or to determine if you have a high risk for infection:** [osu.edu/mumpsinfo](https://osu.edu/mumpsinfo)



**THE OHIO STATE UNIVERSITY**

The health and safety of the university community is our top priority, so Ohio State is making every effort to ensure that everyone is educated and has access to the tools needed to stay healthy now and in the future.

[osu.edu/news/pdf/locations.pdf](https://osu.edu/news/pdf/locations.pdf)



## Do you really have time to be sick?

**No one wants to be down in the dumps with mumps (or measles).** If you become ill, you will be restricted from attending class, working, social activities and other public settings for five days after symptoms begin.

Mumps (and measles) are transmitted like flu—usually when a person coughs, sneezes or talks; or touches the same items used by an infected person.

Most mumps virus transmissions occur before signs of swelling and within 5 days after the swelling begins.

Symptoms typically appear 16-18 days after infection, but can range from 12-25 days.

**Vaccinations reduce the number of people who get sick as well as length, severity and complications of illness.**