**WHAT IS MUMPS?**

- Mumps is a contagious, viral infection.
- Mumps virus is transmitted by direct contact with mucus or saliva of infected person.
- Treatment for mumps consists of getting plenty of rest and drinking fluids. *Antibiotics are not useful!*  

**COMMON SYMPTOMS**

- Swollen, tender salivary glands
- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Most common symptoms develop 16-18 days after exposure to the virus.

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**WHAT IF I HAVE SYMPTOMS?**

- Contact your healthcare provider.
- Stay home from school and work for 5 days after the onset of symptoms.
- Limit contact with others as much as possible to help prevent spread of the virus.

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**PREVENTION TIPS**

- Wash hands frequently.
- Avoid touching your eyes, nose and mouth.
- Cover your cough or sneeze.
- Regularly clean household surfaces that are frequently touched.
- Make sure you’ve had 2 doses of MMR.

**WHAT IF I MISS CLASS OR WORK?**

- Contact your professor directly via email to make arrangements for assignments/exams.
- Inform your supervisor as appropriate, regarding any absence from work.
- SHS no longer provides medical excuses for short-term absences due to illness or injury.

- Most SDSU students have received two doses of the MMR vaccine (measles, mumps, rubella), but if you’re not sure, check your vaccination status at [Health e Connection](http://sdsu.edu).
- Additional information about mumps can be obtained at [Centers for Disease Control and Prevention](http://www.cdc.gov).

**IMPORTANT NOTE:** THE REPORTED OUTBREAK IS LIMITED TO UC BERKELEY. THERE ARE NO CASES REPORTED AT SDSU.

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Student Health Services  
619-594-5281  
After Hours Advice Nurse: 888-594-5281