



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

An Accredited Local Public Health Department

www.mmdhd.org

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ROBERT GRAHAM, DO, MPH, FAAFP
Medical Director

March 12, 2008

Dear Parents/Guardians:

This letter is to inform you that a confirmed case of mumps has been identified at the Lakeview High School.

The Mid-Michigan District Health Department (MMDHD) is working with the high school to identify students who are behind in their vaccinations and recommending that those students be vaccinated.

Mumps is caused by a virus with symptoms that include fever, headache, muscle aches, tiredness and loss of appetite. About 30%-40% of individuals with mumps also experience swelling of salivary glands (located below the ear). Symptoms typically appear 16-18 days after infection, but this period can range from 12-25 days after infection.

Mumps is spread through the air by mucus or droplets from the nose or throat of an infected person, usually when a person coughs or sneezes. Surfaces of items (doorknobs, etc.) can also spread the virus if an infected person touches them without washing their hands, and someone else then touches the same surface and rubs their eyes, mouth or nose.

Currently there is no specific treatment for mumps. The mumps vaccine is the best way to prevent the disease. It is recommended that all children receive two doses of measles-mumps-rubella vaccine (MMR) prior to school entry.

Other things people can do to prevent mumps, as well as other infections is to wash hands well and often with soap, and to teach children to do the same. Eating utensils should not be shared and surfaces that are touched frequently (doorknobs, counters, etc.) should also be cleaned regularly with soap and water.

Adults should also verify their mumps immunization status. Keep in mind that those born before 1957 and those who have had a physician diagnosed case of mumps are most likely immune.

If your child has not received two doses of MMR vaccine contact your primary care physician immediately or MMDHD at (989) 831-5237 and press "option 5" to schedule an appointment. It is also important to contact your primary care physician if you or someone in your home develops symptoms.

Sincerely,

Robert Graham, DO, MPH, FAAFP
Medical Director
Mid-Michigan District Health Department

*Your Public Health Experts;
Connecting with the Community and Exceeding Expectations.*