



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

An Accredited Local Public Health Department

www.mmdhd.org

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Medical Director

Administrative Offices – Stanton

March 12, 2008

Dear Staff:

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 notify parents of students who are behind in their vaccinations.

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. Please check your child/children's immunization records

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.

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

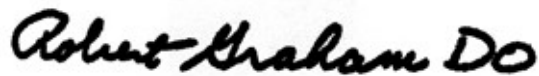
Recommendations for staff:

- Adults born prior to 1957 do not require an MMR vaccination as they are presumed to be immune.
- Adults born after 1957 who have not been vaccinated or diagnosed by a physician to have had mumps should be vaccinated.
- Pregnant women should wait until after birth to be vaccinated.
- Women should avoid getting pregnant for four weeks after being vaccinated with MMR.
- Some complications of mumps are known to occur more frequently among adults than among children. Although mumps infection in the first trimester of pregnancy may result in fetal loss, there is no evidence that mumps during pregnancy causes congenital malformations.

If you are in need of vaccination contact your family doctor or call MMDHD at (989) 831-5237 and press "option 5" to schedule an appointment. MMDHD can bill Medicare and Medicaid for the MMR vaccination. If individuals have no insurance coverage for the vaccination, the cost is \$15.00. If individuals with private insurance coverage wish to receive their vaccination at MMDHD, the fee is \$55.00 and they are welcome to submit the receipt to their insurance company for reimbursement.

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