

Mass E-mail to Faculty, Staff and Students on Mumps Virus Cases

Subject: Health Advisory—Four Students with Mumps

Faculty, Staff and Students,

The Hays County Local Health Department has notified the university that two Texas State students have been diagnosed with mumps and two other students are probable cases of mumps. Three cases are related due to close contact. The university is working with the health department to identify and notify other close contacts. Potentially exposed persons will be notified via their university e-mail beginning today. As new close contact information becomes available, the university will send additional notifications.

The mumps virus is transmitted through coughing, sneezing, kissing, sharing personal items such as cups and utensils or touching contaminated surfaces. Symptoms usually develop 16-18 days after infection and most commonly include:

- Fever
- Headache
- Body aches
- Tiredness
- Loss of appetite
- Tender swelling of the salivary glands below the ear or jaw on one or both sides

The most common complication of mumps infection is testicular swelling and pain. Less common complications include meningitis, encephalitis (swelling of brain), hearing loss and pelvic pain due to ovarian swelling and pain.

Treatment for mumps consists of supportive care, rest, medication for fever or pain such as Tylenol or Advil and cold packs for swollen salivary glands or testicles. There is no specific antiviral treatment for mumps. Most individuals will recover completely within a few weeks.

- **If you develop symptoms of mumps, you should seek medical care.** Call the Student Health Center (512-245-2161) or your doctor's office before presenting for care. Explain that you have symptoms of mumps and indicate whether you have been exposed to someone with confirmed mumps. You will be given instructions for accessing care and reducing the risk of exposing others.
- **If you are not sick and have not been vaccinated for mumps, vaccination is recommended.**
- **If you are not sick and have been vaccinated for mumps, no action is needed at this time.**

The university will update the campus community as needed. For the latest information on the mumps situation at Texas State, check the Student Health Center website at www.healthcenter.txstate.edu. The Student Health Center has MMR vaccine and appointments for vaccination can be made by calling 512-245-2161. For additional information about mumps, visit the CDC website at <https://www.cdc.gov/mumps/index.html>.