



Media Contact

Kristin Prelipp, Public Information Officer
Phone: (919) 245-2462 or Cell: (919) 636-8842
Email: kprelipp@orangecountync.gov

FOR IMMEDIATE RELEASE

Three Identified Cases of Mumps in Orange County in Two Months

Hillsborough, NC (September 25, 2017) – In the last two months, Orange County has identified three confirmed cases of mumps.

Risk of becoming infected is low, especially if you have been properly vaccinated against mumps (2 MMR vaccines). Orange County Health Department can assist with providing the necessary vaccinations to prevent mumps infection. The following information about mumps will provide guidance.

About mumps:

Mumps is a viral illness with symptoms that may include low-grade fever, muscle aches, unusual tiredness, loss of appetite, headache, and swelling of the face, on either side or both sides, in front or below the ear or jaw. Though medical complications can occur, most people fully recover from mumps.

How mumps is spread:

Mumps is spread through direct contact with respiratory droplets (from coughing and sneezing) and saliva from an infected person. Symptoms usually begin 16-18 days after exposure, but the range can be as short as 14 days and as long as 25 days from the exposure. People with mumps are most infectious 2 days before their symptoms begin and 5 days after the onset of symptoms.

What to do if you develop symptoms:

1) Monitor yourself and others in your family for symptoms of mumps.

If you develop symptoms of mumps, (especially facial swelling on one or both sides), you should stay home, away from others, and contact your Primary Care Provider immediately.

2) Check for evidence of your immunity to mumps as soon as possible. Evidence of immunity includes:

- Documentation by the physician who diagnosed you with mumps, if you had the disease in the past,
- Documentation of two mumps-containing vaccines (usually MMR) given on or after your first birthday and administered at least 1 month apart, or
- Documentation of a positive mumps titer (a blood test showing immunity).

If you were born before 1957 you are likely immune to mumps and do not need additional evidence of immunity. People in this age group have likely had mumps in childhood.

For questions or concerns, please call Iulia Vann at 919-245-2425.

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