



# Roseburg Public Schools

Feb 15, 2017

Parents, Students, and Community Members:

At the request of the Douglas County Public Health Network this is a public service announcement in response to recent cases of mumps reported throughout the state of Oregon. At this time, Roseburg Public Schools has no cases of mumps reported.

Mumps is an infection caused by a virus. The most common symptoms include swollen glands in front of and below the ear, fatigue, headache, and low-grade fever. Mumps is spread by coughing and sneezing or through direct contact with the saliva of an infected individual. Symptoms of mumps usually develop 16 to 18 days after exposure, but may develop from 12 to 25 days after exposure.

Most individuals are vaccinated for mumps. The vaccine is about 85 percent effective, so it prevents a significant number of mumps cases. However, this also means that some individuals will get mumps even if they have been vaccinated. Here are some things you can do:

- **Check your immunization records.**
  - Check your immunization records to make sure you've had two doses of the measles-mumps-rubella (MMR) vaccine.
- **Watch for symptoms even if you have been vaccinated.**
  - Although you may have received the MMR vaccine, immunization is not always 100% effective, and immunity decreases over time.
  - Early symptoms usually begin 2 to 3 weeks after exposure.
- **Stay home and call your health care provider if you have symptoms of mumps.**
  - Anyone suspected of having mumps should be evaluated by a health care provider and stay home from school, work, or similar activities.
  - Wash your hands often and cover your coughs and sneezes.

Please contact Douglas County Public Health Network for any questions at 541-440-3571.

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Hucrest Elementary School  
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