

# Coos Health & Wellness

Together, Inspiring Healthier Communities



December 7, 2016

## FOR IMMEDIATE RELEASE

### INFORMATION ON MUMPS

King County in Washington State is experiencing a Mumps outbreak.

The Coos Health & Wellness Public Health Division thought that this would be a good opportunity to discuss the importance of getting children fully vaccinated with the MMR vaccine to ensure that the risk of contracting Mumps is lowered in our communities.

Mumps is a contagious disease that is caused by a virus. Mumps typically starts with fever, headache, muscle aches, tiredness, and loss of appetite. Then, most people will have swelling of their salivary glands. This is what causes the puffy cheeks and a tender, swollen jaw.

Mumps spreads through saliva or mucus from the mouth, nose, or throat. An infected person can spread the virus by:

- Coughing, sneezing, or talking
- Sharing items, such as cups or eating utensils, with others
- Touching objects or surfaces with unwashed hands that are then touched by others.

Mumps likely spreads before the salivary glands begin to swell and up to five days after the swelling begins.

The full MMR vaccination schedule consist of two doses. The first dose starts at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Teens and adults also should be up to date on their MMR vaccination. The MMR vaccine also protects against measles, rubella and varicella.

If you need to get your kids or yourself vaccinated with the MMR vaccine you can make an appointment with the Public Health Division at Coos Health & Wellness. We will be able to see you within one day. We take most private insurances and Oregon Health Plan.

To make an appointment please call us at 541-751-2400.

For more information about the MMR vaccine and the Mumps disease, please go to

<http://www.cdc.gov/vaccines/vpd/mmr/public/index.html>

<http://www.cdc.gov/mumps/about/transmission.html>

### **Coos Health & Wellness**

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Coos County is an Affirmative Action/EEO TTY Relay: 7-1-1

541-751 2400