

Health Updates:

Winthrop University identified one case of mumps in early December, 2016. Possible exposure would have occurred between Dec 8, 2016 and December 14, 2016. The case was quickly identified and isolated. South Carolina Department of Health and Environmental Control and Winthrop University notified all students/faculty/and staff on December 14th. [DHEC Notification](#)

Mumps Information:

Vaccination for mumps is usually done during childhood. Mumps is a contagious viral illness that starts like other viral illnesses.

Signs and symptoms of mumps include:

- Low grade Fever

- Headache

- Loss of appetite

- Body aches

Well Known Sign: Swelling of salivary glands or parotid glands (cheek and jaw area) Swelling is usually visible in front of the lower part of the ear.

The swelling may be unilateral or bilateral and is tender/painful.

The period during which an individual is contagious starts before the jaw swelling and lasts for 5 days after the swelling begins. Mumps is spread through saliva and mucous from the mouth, nose or throat. An infected person can spread the virus by:

- Coughing, sneezing, kissing, 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.

Prevention Tips:

- Cover your cough or sneeze

- Practice good handwashing- Use soap and water or if these are not available, use a hand sanitizer.

- Do not share eating utensils or drinks

- Avoid exchanging saliva with others such as kissing, sharing cigarettes, etc.

- Check your immunizations to make sure you are up to date. Individual's born during or after 1957 are recommended to have 2 MMRs.

If you become ill and wonder if you have the mumps, call your provider or Health Services. If you are diagnosed with the mumps, please avoid transmission. Staying home from work or school or in a separate room and avoiding contact with others when ill with the mumps and till five days after the swelling of the parotid glands begins is the best way to prevent the spread of infection. Also, everyone needs to practice good handwashing- thorough and frequently! Originally created by University of Northern Iowa Health Clinic we have attached a [Frequently asked questions](#) page for additional information and resource links.

The CDC link to information of Mumps: <http://www.cdc.gov/mumps/index.html> If you have these concerns, please contact a nurse in Health Services at 803/323-2206 or your provider. If you think you may have the mumps, please contact Health Services or your local doctor. Let your doctor know your concerns before going in.