

# MUMPS ALERT FOR THE HASIDIC JEWISH COMMUNITY DURING PESACH

There is a multi-state mumps outbreak in the Hasidic community, mostly among students residing or attending school in the New York and New Jersey areas. **As the community prepares to travel for Pesach, there is the possibility of spreading mumps.**

The best way to protect yourself, your children and the children in your community is to get fully immunized with two doses—spread apart by at least 28 days—of the Measles, Mumps, and Rubella (MMR) vaccine **now**.

## What is mumps?

Mumps is a viral disease that is spread from person to person, usually by coughing, sneezing, saliva, or touching things that might get into someone's mouth (like a cup or a child's toy).

## What are the symptoms of mumps?

Mumps may often cause swollen, tender salivary glands under the ears or jaws on both sides of the face. It can also cause:

- Fever
- Headache
- Muscle aches
- Headaches
- Loss of appetite.

## How serious is mumps?

Although most patients with mumps fully recover, the infection can cause potentially serious complications like meningitis (infection of the covering of the brain and spinal cord), encephalitis (swelling of the brain), and hearing loss.

### Get vaccinated **now**, before Pesach.

If you and your family members are traveling to other U.S. communities or internationally, call your doctor to make sure you are *all* fully immunized!

If you will be hosting visitors or family, encourage them to get vaccinated before coming to visit.

## How long does it take to show signs of mumps after exposure?

The incubation period of mumps is 16-18 days, but it can range from 12-25 days.

## What should I do if I think I have mumps?

If you think that you or your children may have mumps, call your doctor or health center right away. When a person is ill with mumps, he or she should avoid contact with others for at least 5 days after symptoms begin by staying home from work or school, avoiding public settings, and staying in a separate room, if possible.

## How can I learn more about mumps and mumps vaccine?

You can ask your doctor, nurse, or local health clinic. You can also visit the CDC website: <http://www.cdc.gov/mumps/about/downloads/mumps-factsheet.pdf>  
<http://www.cdc.gov/mumps/outbreaks/outbreak-patient-qa.html>

The MMR vaccine offers the best protection with **two doses**. Ask your doctor if you and your children are fully immunized.

