

# PREVENT the SPREAD of MUMPS at SUMMER CAMP

Summer camp starts soon and mumps is still circulating. Mumps can spread rapidly in camp settings and bungalow colonies. Protect your family by following these tips:

- Make sure you and your family are up to date on your measles, mumps and rubella (MMR) vaccinations. Being "up to date" means you have had 1 or 2 doses of MMR vaccine, depending on your age. Ask your health care provider if you and your family are up to date.
- Make sure your children stay home from camp and other activities if they are sick. Also be sure that they avoid contact with others in your home. Mumps is spread through close contact – being within 3 feet of another person. You can spread mumps to others for 5 days after you develop symptoms. Common symptoms of mumps include: feeling tired and achy; fever; and swelling and tenderness of the salivary glands, especially those in front of the ear and around the chin.
- Mumps outbreaks are occurring in other areas. You and your children can be exposed to mumps when you visit other states or countries. Up-to-date vaccinations before you travel are your best protection.
- Don't share eating utensils, cups or plates with people who are sick.
- Wash your hands often. Use soap and clean, running water for 20 seconds. If soap and water are not available, use an alcohol-based wipe or hand gel. The wipe or gel should contain 60% alcohol.
- When you cough or sneeze, cover your mouth and nose with a tissue. Put used tissues in the garbage and wash your hands right away. If a tissue isn't handy, cough or sneeze into your upper arm, not your hands.
- Clean frequently touched surfaces often. These include: toys; doorknobs; tables and counters. Use soap and water or cleaning wipes.

For more information about preventing the spread of mumps, contact your health care provider or your local health department.

Nassau County Health Department: (516) 227-9639  
Orange County Health Department: (845) 291-4281  
Rockland County Health Department: (845) 364-2997  
Sullivan County Public Health Nursing: (845) 292-5910  
Ulster County Health Department: (845) 340-3090  
Westchester County Health Department: (914) 813-5000  
New York City Department of Health  
and Mental Hygiene, Bureau of Immunization: (212) 676-2288