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## Gallatin City-County Health Department

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### Mumps in Gallatin County

Gallatin City-County Health Department has now confirmed seven cases of mumps, a viral infection. All of the confirmed cases are associated with Belgrade Public Schools.

The Gallatin City-County Health Department is working closely with Belgrade schools, as well as health care providers and partners at the Montana Department of Public Health and Human Services, to identify students most at risk for contracting mumps and to implement infection control measures recommended by the U.S. Centers for Disease Control & Prevention (CDC).

It is important for parents to know that most students in Belgrade schools have significant protection against mumps through immunizations required by Montana state law and recommended by the U.S. Centers for Disease Control and Prevention. While mumps does have some serious but rare potential health effects, the risk of these outcomes is significantly reduced by the vaccine and infection control precautions being pursued by the health department and the schools.

“These new cases are not unexpected,” said Matt Kelley, Health Officer with Gallatin City-County Health Department. “In fact, we are now in the period when those exposed to the initial cases of the disease would begin to show symptoms.”

Two new mumps cases were reported to the health department over the past 5 days. One person attends Belgrade Middle School. A second person attends Saddle Peak Elementary School, but was not in school while the disease was contagious. Another case – also a middle school student who had extended close contact to a confirmed case – was classified as a case after becoming symptomatic.

“It’s important for people to understand that mumps can be a serious disease, but vaccines and infection control measures have made the most serious side effects exceedingly rare.”

Mumps is a viral disease characterized by swelling of the parotid or salivary glands along the face, neck and jaw. The swelling can last from two to ten days. The incubation period (time from when you were infected to when you have symptoms) is 12-25 days. Other symptoms, in addition to the swelling around the neck and jaw, include fever, malaise (tiredness), muscle aches and headache. Up to 25% of people with mumps may have few or no symptoms.

People who may have been exposed and who develop swelling along the face and neck along with a fever are urged to stay home from work, school, sports and all public gatherings for five days after symptoms start. They should also seek medical care to be properly diagnosed. There is no cure for mumps, but the vast majority of those infected recover with bed rest, fluids, and fever reduction measures.

Mumps is spread by droplets of saliva or mucus from the mouth, nose, or throat of an infected person. Saliva can pass from one person to another when they share straws, spoons, forks, cups, cans, bottles and even lip gloss. Mumps is also commonly spread when an infected person coughs or sneezes, and a non-infected person inhales respiratory droplets that contain the virus.

The Gallatin City-County Health Department is working to identify students in settings where cases of mumps have been identified and will be contacting those parents to provide information and health care guidance. In most cases, students who are most susceptible to mumps are those who have not been vaccinated against the disease.

Additional information related to mumps can be found on the Centers for Disease Control website:

<http://www.cdc.gov/mumps/>