



**FOR IMMEDIATE RELEASE**  
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**CONTACTS:** Diana Yates  
Director, Health Promotion & Communications  
Champaign-Urbana Public Health District  
(217) 531-4275 or (217) 202-7781 (mobile)  
Awais Vaid, Epidemiologist  
Champaign-Urbana Public Health District  
(217) 531-4274

## **Illinois Mumps Outbreak Slowly Affecting Champaign County**

**Public Health is Watching a Handful of Local Cases**

As of April 28, 2006, a total of 193 mumps cases had been recorded in Illinois. So far this year, Champaign County has seen a total of six cases of mumps (four confirmed and two probable; one of the probable cases dates from February). While the outbreak is slow to affect Champaign County, the Champaign-Urbana Public Health District and the Champaign County Public Health Department are offering mumps vaccine to those who have no evidence of immunity.

Evidence of immunity includes physician diagnosis or laboratory evidence of mumps infection, birth before 1957, or one dose of MMR (Measles, Mumps, Rubella) vaccine. A second dose of MMR is recommended for health care workers, school-aged children and students at post-high school educational institutions.

Due to the unusually high number of cases in the state and a much larger outbreak in Iowa, Illinois Department of Public Health Director Dr. Eric Whitaker is reminding people to check their vaccination records to make sure both they, and their children, have been vaccinated, and also to continue good health practices.

“Mumps is about as contagious as the flu so it’s important to cover your nose and mouth when sneezing or coughing, wash your hands often, don’t drink from the same glass or share the same eating utensils as another person. If you know someone who has mumps or suspect someone may have the disease, restrict contact with them as much as possible.

These are some simple, common sense things you can do to avoid getting the mumps,” said Dr. Whitaker.

Mumps is an infection of the salivary glands caused by a virus. Symptoms include swelling of the glands close to the jaw, fever, headache and muscle aches. Children who get mumps may develop a mild meningitis (inflammation of the covering of the brain and spinal cord) and sometimes encephalitis (inflammation of the brain). Mumps also can result in permanent hearing loss. Serious complications also can include swelling of the testicles or ovaries.

Treatment options include aspirin, non-steroidal anti-inflammatory drugs and time.

Vaccination is still the best option for avoiding mumps. Schools require entering students to be vaccinated at least once for mumps. It is recommended that children be vaccinated on or after their first birthday. Children entering school are required to have two doses of the measles vaccination. Because measles is part of the MMR vaccine, children receive a second vaccination for mumps as well.

Adults are likely to be immune to mumps if blood tests show they are immune to mumps or if they were borne before 1957. Persons born before 1957 are likely to have had mumps during childhood, but it is possible they did not.

“Persons with mumps are usually considered infectious from about three days before the symptoms begin until about nine days after the onset of the swelling of the salivary glands,” said Dr. Whitaker.

Persons suspected of having mumps should be isolated for nine days after symptom onset.

The average incubation period (from first exposure to onset of symptoms) for mumps is about 18 days.

At this time, the cause of the outbreak in Iowa and the increased number of cases in Illinois is not known. There are, however, three Illinois cases with connections to Iowa.

For more information on mumps you can log onto [www.idph.state.il.us](http://www.idph.state.il.us).

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