



OFFICE OF INSTRUCTION

November 16, 2017

Dear Students, Parents, Guardians, and Staff Members,

We have been notified that some members of our community have recently undergone testing with suspected mumps. In the past five years, Alaska received an average of <1 case report per year. Starting in August 2017, there has been an increase in mumps activity in Anchorage. Not all cases are able to be linked epidemiologically; suggesting that transmission in the community is occurring and the cases are now spreading into the Matanuska Susitna Borough.

Alaska Surveillance Data as of 11/9/2017: Latest number of mumps cases* for 2017: 53

**includes confirmed and probable cases more information can be found at <http://dhss.alaska.gov/dph/Epi/id/Pages/Mumps.aspx>*

Mumps is a contagious viral illness that is spread from person to person by contact with respiratory droplets from the nose or throat of an infected person when coughing, sneezing, or talking; by touching contaminated surfaces and by sharing cups and utensils.



Common symptoms include: painful, puffy, swollen cheeks; a tender swollen jaw; fever; headache; tiredness; and muscle aches.

It usually takes about 14-18 days from when someone is exposed/infected with the virus to when they develop symptoms. However, they can be contagious 2 days prior to developing the symptom of Parotitis (swollen parotid salivary glands) and 5 days after date of onset.

The most effective way to prevent mumps is vaccination with the Measles, Mumps and Rubella (MMR) vaccine – 90% of persons who have received two doses of MMR vaccine are protected from developing mumps. It is important that your MMR vaccinations are up to date. Ask your healthcare provider about vaccination with MMR if:

- You are unsure if you, your child or family member have been vaccinated with MMR; or
- You, your child or family member have not been vaccinated with MMR; or
- You, your child or family member have only received one dose of MMR.

If you, your child or family member have mumps symptoms, please contact your healthcare provider to be tested. Because mumps is contagious, your provider may want you to wear a mask if you sit in the waiting room. If you do not have a healthcare provider, please contact the Mat-Su Public Department at 352-6600 to arrange for testing. To stop the spread of mumps, persons with mumps should stay home and away from others for five days after the start of puffy cheeks.

If you have any questions, please call Mat-Su Public Health or the State of Alaska, Section of Epidemiology at 269-8000.

Sincerely,



Amy Spargo
Assistant Superintendent of Instruction

