

February 21, 2017

The Kansas high school wrestling community should be aware that mumps may have been spread from person to person at recent wrestling meets. The Kansas Department of Health and Environment (KDHE) identified two individuals who were infected with mumps after attending wrestling meets in January and February. One of these individuals may have been contagious while participating in a wrestling meet at Colby High School on February 4, 2017.

KDHE has not identified the source of these mumps infections. This means that additional, yet to be identified students or adults may have spread the disease at other high school wrestling events.

Mumps is a contagious disease caused by a virus. It can be spread by close contact with an infected person. Mumps typically starts with a few days of fever, headache, muscle aches, tiredness and loss of appetite, followed by swollen salivary glands. Mumps can occasionally cause complications, including inflammation of the testicles or ovaries, meningitis, or encephalitis. Most people with mumps recover completely in a few weeks.

Anybody with symptoms of mumps should isolate themselves and call their healthcare provider. They will let you know when to visit their office so as not to expose others in the waiting area. If a student has symptoms, the school nurse should also be notified, so that the school nurse and local health department can work to prevent additional illnesses. **State law requires school administrators, nurses and other health care providers to report mumps cases to KDHE within four (4) hours by telephone (24-hour Epidemiology Hotline: 877-427-7317).** Anybody who suspects they may have mumps should stay home from work, school and any social activities.

People with mumps can spread the disease before the salivary glands begin to swell and up to five days after the swelling begins. Mumps spreads through saliva or mucus from the mouth, nose or throat. An infected person can spread the virus through the following:

- Coughing, sneezing or talking.
- Sharing items, such as cups or eating utensils, with others.
- Touching objects or surfaces with unwashed hands that are then touched by others.

In addition to staying isolated when you have mumps, you can help prevent the virus from spreading by:

- Covering your mouth and nose with a tissue when you cough or sneeze, and put your used tissue in the trash can. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Washing your hands often with soap and water.
- Avoiding sharing drinks or eating utensils.
- Disinfecting frequently touched surfaces, such as toys, doorknobs, tables, counters.

After the introduction of the MMR (measles, mumps, and rubella) vaccine, mumps became less common in the United States. MMR vaccine prevents most, but not all, cases of mumps and complications caused by the disease. Some people who receive two doses of MMR can still get mumps, especially if they have prolonged, close contact with someone who has the disease. If a vaccinated person does get mumps, they will likely have less severe illness than an unvaccinated person. Therefore the best way to reduce your chance of getting the disease is by being vaccinated with the MMR vaccine.

For more information about mumps, please visit <https://www.cdc.gov/mumps/index.html>.