



COUNTY OF SAN DIEGO NEWS RELEASE

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MUMPS VACCINATION RECOMMENDED FOR STUDENTS, TRAVELERS

No Outbreak or Cases Reported in County; Disease Can Cause Complications

On the heels of an updated recommendation for the control and elimination of mumps by the Advisory Committee on Immunization Practices, the San Diego County Health and Human Services Agency (HHSA) encourages students, health care providers, summer campers and travelers to get two doses of mumps vaccine, if they have not previously been vaccinated or only had one shot.

"We don't have an outbreak in San Diego County, but people will be traveling this summer, many to the Midwest where there has been an outbreak," said Nancy Bowen, M.D., San Diego County Public Health Officer. "The best way to prevent mumps, and to keep from spreading it to others, is for school-aged children and adults at high risk to get the proper vaccination."

The federal Centers for Disease Control and Prevention (CDC) reports more than 4,400 cases of mumps as of June 6, many in college students in Midwestern states. Last year, the CDC reported a mumps outbreak at a summer camp introduced by a camp counselor who had traveled outside the country. Locally, there have been no laboratory confirmed cases of mumps in 2006. In California, there have been four laboratory confirmed mumps cases this year.

Mumps is rarely fatal, but complications can be severe including: inflammation of the brain, testicles, ovaries and/or breasts; miscarriage and hearing loss.

Symptoms include fever, headache, muscle aches, tiredness, and loss of appetite; followed by swelling of salivary glands. There is no specific treatment for mumps, according to the CDC.

However, mumps can be prevented by the MMR (measles, mumps and rubella) vaccine. Campers and camp staff, students returning to school, travelers and healthcare workers are urged to get two doses for maximum protection.

The MMR vaccine is available at County Public Health Centers for individuals who qualify. For more information check with your physician or call County Immunizations at (619) 692-8661.

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