Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To: Parents at School

From:

Re: Notification about Mumps

This is to inform you that your child may have been exposed to mumps at (name of school) in the (classroom/grade). Please check your child’s immunization record to make sure s/he is protected. Your child is protected if s/he had mumps or if s/he had received the recommended vaccination series.

Mumps is a contagious disease that is caused by a virus. Mumps typically starts with fever, headache, muscle aches, tiredness, and loss of appetite. Most people will then develop swelling of their salivary glands. This is what causes the puffy cheeks and a tender, swollen jaw. See the [Mumps Fact Sheet](https://www.dhs.wisconsin.gov/publications/p4/p42110.pdf) for additional information about the disease.

Mumps can be prevented with the MMR vaccine. This protects against three diseases: measles, mumps, and rubella. The CDC recommends children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Teens and adults also should be up to date on their MMR vaccination.

If your child becomes ill with mumps, s/he will need to stay home until 5 days following the onset of parotitis (swollen salivary gland/s).

If you would like to talk with a nurse to learn more about the mumps disease or the mumps shot, please call Waukesha County Public Health Division at (262) 896-8430.