



GOVERNMENT OF THE DISTRICT OF COLUMBIA
Department of Health



Division of Epidemiology-Disease Surveillance and Investigation
Center for Policy, Planning and Evaluation Administration

October 25, 2017

Dear Student, Faculty, and Staff:

A suspected mumps case was recently reported at the American University located at 4400 Massachusetts Avenue, N. W. Washington, D. C. 20016. We are sending this letter to inform you about the disease and provide you with guidance. Mumps is a contagious viral disease. The virus can be spread to others by direct contact with infected respiratory secretions such as saliva or discharge from the nose or throat of the infected individual. The virus causing mumps can also spread when the infected person coughs or sneezes without covering their nose and mouth and others breathe that air.

Symptoms of the mumps may include fever, swelling or tenderness to one or more salivary glands, usually the parotid gland. This gland is located just below the front of the ear. A person with mumps is generally contagious seven days before onset of the swelling to 5 days after the swelling began. Approximately one-third of mumps infections do not cause swollen glands and may just have the same symptoms as a respiratory tract infection. The incubation period (how soon the symptoms would appear) is 14-18 days from the time of exposure, but can be as long as 25 days. For your exposure, this time period will end on November 17, 2017.

The MMR (Measles, Mumps and Rubella) vaccine is very effective in preventing this disease. The first dose of the MMR vaccine is usually given on or near 12 months of age and the second dose is given at age four to six. Please take this opportunity to review your immunization status with your provider and ensure that you are current with all recommended immunizations including MMR.

If you develop any symptoms of mumps infection, please see a health care provider immediately and mention your possible exposure to Mumps. If you have any questions, please contact Saada Soubagleh, Disease Investigator in the DC DOH's Division of Epidemiology-Disease Surveillance and Investigation at (202) 442-9371.

Please also notify the American University Student Health Center at (202) 885-3380, if you develop any of the symptoms mentioned above.

Sincerely,

John O. Davies-Cole, PhD, MPH
State Epidemiologist
Division of Epidemiology-Disease Surveillance and Investigation
Center for Policy, Planning and Evaluation Administration