

Outbreak of Mumps in Northwest Iowa

The Iowa Department of Public Health (IDPH) and local public health partners in northwest Iowa are investigating and University Hygienic Laboratory (UHL) is performing the testing for a small outbreak of eight mumps cases in Sioux County. Mumps is a highly contagious disease that is typically preventable through vaccination. Because of its contagious nature and in an effort to contain the spread of this outbreak, IDPH has identified the dates and locations where individuals may have been exposed to mumps.

IDPH recommends all Iowans, especially those who may have been exposed to mumps at the following locations, should check to be sure they have received two doses of the MMR vaccine (measles, mumps, rubella). If they need to be immunized, they should see their personal healthcare provider.

Identified exposure locations in northwest Iowa include:

- April 12 through May 5, 2010 - Dordt College (Sioux Center)
- April 22, 2010 - Spirit Lake vs. Hull-Western Christian soccer game (Hull)
- April 23, 2010 - Hull-Western Christian Prom
- April 24, 2010 - Student dance at Dugout/Events Center (Granville)
- April 25, 2010 - Covenant Christian Reformed Church worship service (Sioux Center)
- April 25, 2010 - Emmanuel Christian Reformed Church worship service (Sheldon)
- April 26, 2010 - Hull-Western Christian School
- April 27, 2010 - Sweet 16 Lanes (Le Mars) - evening hours
- April 27, 2010 - Sibley Ocheyden School
- April 29, 2010 - Tofer's Bar (Sioux Center) - evening hours
- April 29, 2010 - Root beer kegger at South View Apartments (Sioux Center)
- May 2, 2010 - Emmanuel Christian Reformed Church worship services (Sheldon)
- May 3, 2010 - Hull-Western Christian vs. Spencer soccer game (Spencer)

It is important to note that receiving the mumps vaccine *after* you have been exposed may not stop you from getting mumps. IDPH is concerned that mumps exposure may continue, especially in northwest Iowa; as a result, IDPH recommends everyone have two doses of the MMR vaccine (measles, mumps, rubella) unless they know they had mumps in the past (most people born before 1957 had mumps as children).

Mumps is spread through the air and by droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes or talks. The virus can be spread through shared use of drinks or cups. In addition, the virus may spread when someone with mumps touches an item or surface without washing their hands and someone else touches the same surface and rubs their mouth or nose. If you were exposed to mumps, you could become ill 12 to 25 days later.

Symptoms of mumps include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears or jaw on one or both sides of the face

If you develop these symptoms, stay home. Do not go to work or school until five days after symptoms have started, or until symptoms go away - whichever is later. Contact your health care provider before seeking medical care so as not to expose others to mumps in the waiting room. For more information about mumps, visit www.idph.state.ia.us/adper/mumps.asp or www.cdc.gov/mumps/index.html.

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