



Abington Senior High School
900 Highland Avenue
Abington, PA 19001
Phone (215) 517-2800

March 21, 2019

Dear Parent/Guardian:

The Montgomery County Office of Public Health (OPH) is currently investigating a student at the Abington Senior High School with a suspected case of mumps. The Office of Public Health, in consultation with the Pennsylvania Department of Health, recommends that all children receive the combined Measles/Mumps/Rubella (MMR) vaccine at 12 months of age and a second dose between 4 to 6 years of age. The combined two doses of the mumps vaccination has an 88 percent efficacy.

Mumps is a viral disease characterized by fever, swelling and tenderness of one or more salivary glands. Mumps is transmitted by saliva droplets or by direct contact with the saliva of an infected person. A person with mumps is infectious to others from three days before and up to five days after the onset of illness. If your child develops any signs and symptoms consistent with mumps, please consult with your physician immediately regarding this case.

A child with symptoms of mumps should be excluded from group settings for five days after the onset of symptoms or until asymptomatic.

We are asking you to confirm that your child is age-appropriately vaccinated with the MMR vaccine. If they are not age-appropriately immunized, it is recommended that the child receives this vaccination. Vaccination will not prevent the development of illness if an exposure has already occurred, but it will protect against future exposures.

Enclosed is the Centers for Disease Control and Prevention mumps fact sheet for parents. Please contact your healthcare provider or the Office of Public Health, Division of Communicable Disease Control and Prevention, at (610) 278-5117 if you have any additional questions.

Sincerely,

A handwritten signature in black ink that reads "Angelo Berrios".

Angelo Berrios
Principal

Mumps and the Vaccine (Shot) to Prevent It

Last updated April 2017

The best way to protect against mumps is to get the measles-mumps-rubella shot (called the MMR shot). Doctors recommend that all children get the MMR shot.

Why should my child get the MMR shot?

The MMR shot:

- Protects your child from mumps, a potentially serious disease, as well as measles and rubella.
- Prevents your child from getting a fever and swollen glands under the ears or jaw from mumps.
- Keeps your child from missing school or childcare (and keeps you from missing work to care for your sick child).

Is the MMR shot safe?

Yes. The MMR shot is very safe and effective at preventing mumps (as well as measles and rubella). Vaccines, like any medicine, can have side effects. But most children who get the MMR shot have no side effects.

What are the side effects?

Most children do not have any side effects from the shot. The side effects that do occur are usually very mild, such as a fever, rash, soreness or swelling where the shot was given, or temporary pain and stiffness in the joints (mostly in teens and adults). More serious side effects are rare. These may include high fever that could cause a seizure.

Is there a link between the MMR shot and autism?

No. Scientists in the United States and other countries have carefully studied the MMR shot. None has found a link between autism and the MMR shot.

What is mumps?

Mumps is a contagious disease caused by a virus. It spreads easily through coughing and sneezing. There is no treatment for mumps, and it can cause long-term health problems.

What are the symptoms of mumps?

Mumps usually causes the following symptoms for about 7 to 10 days:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite (not wanting to eat)
- Swollen glands under the ears or jaw

Some people who get mumps do not have symptoms. Others may feel sick but will not have swollen glands.



Doctors recommend your child get 2 doses of the MMR shot. Your child will need one dose at each of the following ages:

- 12 through 15 months
- 4 through 6 years

Is it serious?

In most children, mumps is pretty mild. But it can cause serious, lasting problems, including:

- Meningitis (swelling of the tissue covering the brain and spinal cord)
- Deafness (temporary or permanent)
- Encephalitis (swelling of the brain)
- Orchitis (swelling of the testicles) in males who have reached puberty
- Oophoritis (swelling of the ovaries) and/or mastitis (swelling of the breasts) in females who have reached puberty

In rare cases, mumps is deadly.

How does mumps spread?

Mumps can spread through the saliva or mucus from the mouth, nose, or throat of an infected person when he or she:

- coughs, sneezes, or talks.
- shares items, such as cups or eating utensils, with others.
- touches objects or surfaces with unwashed hands that are then touched by others.

Mumps can spread before swollen glands appear and up to 5 days afterward.

Where can I learn more about the MMR shot and my child?

To learn more about the MMR shot, talk to your child's doctor, call 1-800-CDC-INFO, or visit www.cdc.gov/vaccines/parents.

The Centers for Disease Control and Prevention, American Academy of Family Physicians, and the American Academy of Pediatrics strongly recommend children receive all vaccines according to the recommended schedule.