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Three Rivers Public Health Department Reports Mumps Cases

Fremont—Three Rivers Public Health Department today announced reports of 10 cases of mumps among college-aged young adults enrolled at Midland University in Fremont.

A health advisory was sent to health care providers in Nebraska asking them to be on the lookout for cases of mumps and to contact their local health department about suspected cases.

Three Rivers Public Health Department wants the community to educate themselves about the symptoms, transmission, and prevention of mumps and to make sure he or she is fully vaccinated with the MMR vaccine to prevent this virus from spreading. Mumps clusters can happen even in highly vaccinated populations. Annually the number of reported mumps cases can range from a few hundred to a couple thousand in the United States. “Mumps is highly contagious so it’s important to practice good hygiene habits as that will help reduce illnesses. If you know someone who has mumps or suspect someone may have the disease, contact your physician or your local public health department,” said Terra Uhing Executive Director, Three Rivers Public Health Department.

Mumps is a viral illness that causes swelling of glands in the face and neck. Symptoms may include:
- Ear ache
- Jaw pain
- Testicular pain
- Fever
- Fatigue
- Muscle aches

Antibiotics are not a treatment option because mumps is a viral infection; however, the symptoms like pain and fever can be addressed.

The mumps virus is highly contagious and is spread by coughing, sneezing and sharing saliva. People with mumps are most contagious for the three days before and five days after their symptoms begin. To prevent the spread of mumps:
- Always cover your nose and mouth when you cough or sneeze
- Wash hands frequently
- Dispose of used tissues and other similar objects appropriately
- Do not share glasses, eating utensils, water bottles, etc.

People who have had mumps are likely to be immune from the virus. If a person has been vaccinated, it is less likely, but possible to become infected because over time immunity wanes. Those who have not been vaccinated should consider taking that step by contacting their physician, local health department or local pharmacy. Women who are pregnant and people with weakened immune systems are at increased risk of complications.

Three Rivers Public Health Department recommends anyone with symptoms to refrain from public activities and that they should be seen by a physician so treatment and precautions can be taken. If there are questions, please call the Three Rivers Public Health Department at (402) 727-5396 or (866)-727-

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