

MUMPS OUTBREAK

PROTECT YOUR FAMILY AND TRIBE

WHAT IS MUMPS?

Mumps is a contagious disease spread by contact with someone who is sick or has the virus but is not yet feeling sick. It can cause serious long-term health problems (including brain damage and hearing loss.)

SYMPTOMS

Fever, headache, swollen neck, cheeks or jaw (sometimes swollen testicles or ovaries) - you can be sick and feel only some or none of these. It can take 2-4 weeks for symptoms to show.

If you or a family member develops symptoms or have been in contact with someone who is sick or gets sick with mumps:

1. **CALL** your tribal clinic or primary care provider right away for information

CALL:

2. **Stay at home** and avoid contact with others until you get information