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**Hawaii Department of Health recommends “outbreak MMR dose”  
of mumps vaccine as statewide outbreak continues**

HONOLULU – The Hawaii State Department of Health (DOH) has confirmed 500 cases of mumps this year, including twelve (12) reports of complications from mumps infection (e.g., hearing loss, orchitis, etc.). To better arm the public against the ongoing mumps outbreak, DOH is recommending people consider receiving an additional dose of the MMR vaccine as a preventive measure.

“Since March, a steady stream of cases has been occurring, and we are now beginning to see more communities involved in the outbreak,” said State Epidemiologist Dr. Sarah Park. “The disease continues to affect both vaccinated and unvaccinated individuals, which prompted us to review data from our cases and recommend an additional dose of MMR vaccine for those who meet the criteria below.”

To help prevent the spread of mumps, DOH recommends the following persons born in 1957 or later, ***especially those who live, work, or attend school in crowded conditions***, receive a dose of MMR vaccine now: those who received one (1) MMR dose five (5) or more years ago; those who received two (2) MMR doses ten (10) or more years ago; and those with no or unknown vaccination history. In other words, for persons born in 1957 or later:

<b>Number of previous MMR doses</b>	<b>Years since last MMR dose</b>	<b>Vaccinate Now</b>
2	10 years or more	Yes
1	5 years or more	Yes
None or unknown	–	Yes

Since children routinely receive their second dose of MMR vaccine before entering kindergarten, the recommendation for the “outbreak MMR dose” applies to adolescents and young adults. University and college students are particularly vulnerable because they live, work, and/or attend school in crowded settings and tend to be in the age group in which most cases have been occurring. Therefore, university students, among other similar groups, are especially encouraged to receive the outbreak MMR dose as per the criteria below.

Patients suspected or diagnosed with mumps should remain at home to avoid spreading the disease to others. According to Hawaii Administrative Rules 11-156, a person with mumps may not attend school, work, or travel for nine (9) days after the onset of *parotitis* (swelling of the salivary glands). Those who have been exposed to mumps and are not vaccinated should not attend school, work or travel from day 12 through day 25 after exposure to the virus.

Mumps is spread easily through coughing, sneezing and touching objects or surfaces with unwashed hands. Symptoms include fever, headache, swollen glands in front of the ears or jaw, tiredness and muscle aches.

To locate a vaccinating pharmacy near you, visit <http://health.hawaii.gov/docd/vaccinesimmunizations/vaccine-locators/> or call the Aloha United Way information and referral line at 2-1-1.

More information about mumps and the ongoing investigation can be found on the DOH website at <http://health.hawaii.gov/docd/department-of-health-investigating-mumps-cases/>.

# # #

# FIGHT MUMPS

## It starts with you



Mumps is spread through contact with saliva or mucus from the mouth, nose or throat of an infected person. Protect yourself and help stop the spread of mumps by using these healthy habits.



### Stay home if you are sick

**Mumps is easy to spread.** Stay home and do not travel or go to school or work for 9 days after the start of swollen glands.



### Get Vaccinated

The measles-mumps-rubella (MMR) vaccine provides the best protection against this disease.

### Symptoms of MUMPS infection

- Swollen glands in front of ears or jaw on one or both sides
- Fever
- Muscle aches
- Headache
- Loss of appetite
- Tiredness



### Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissues in the waste basket and wash your hands.



### Wash your hands

Wash your hands thoroughly and often with soap and warm water.



### Use your own cups, forks, and spoons

Sharing cups or eating utensils with someone who has mumps can make you sick.

### Disease Transmission by COUGH/SNEEZE-TOUCH



For more information, call 2-1-1 or visit [health.hawaii.gov](http://health.hawaii.gov)  
Language assistance services available through 2-1-1.