Don’t Let Mumps Spoil Your Fun

Mumps is best known for causing painful puffy cheeks, but it can be serious. Complications can include pain and swelling of the:

- Brain
- Breast
- Testicles
- Pancreas
- Spinal cord tissue
- Ovaries
- Brain

Vaccination is the best way to protect yourself from mumps. University students should have 2 doses of MMR vaccine. Make sure you are up-to-date!

If cases of mumps are reported at your university, you may need another dose of MMR.

Check with your campus health center to find out if you need another dose.

Mumps can cause complications, including swelling of the testicles, ovaries and brain.

Some people who got vaccinated may still get mumps, but the symptoms are less severe.

If you have symptoms of mumps, stay away from others for 5 days. That means:

- No class
- No campus events
- No sports
- No parties

Mumps is a contagious disease that can be serious.

If you have symptoms, keep from spreading mumps to others:

- Stay in your dorm room or apartment and away from others when you are sick
- Don’t share drinks or other things that have saliva on them
- Cover your coughs and sneezes
- Wash your hands often with soap and water
- Clean and disinfect surfaces

ACHA
American College Health Association
advocacy • education • research