

Dear SDSU Students, Faculty and Staff,

San Diego State University has received notice of probable cases of mumps involving two students who live off campus. The students are self-isolating, and the potential impact to other members of the campus community is low. At this time, we have no confirmed cases of mumps on campus.

Out of an abundance of caution, information is being provided to help other members of the campus community remain healthy. Also, we are awaiting laboratory results on the two suspected cases. Results will be communicated to campus once confirmed.

SDSU Student Health Services (SHS) is in direct contact with and supporting the students impacted, as well as those who have been in close proximity to those students. SHS is also working with San Diego county health officials to monitor and manage the probable cases.

Please read this email in total, as it contains important information about mumps and ways to seek care if you show symptoms.

What is mumps and how is it spread?

Mumps is a contagious, viral illness primarily preventable through vaccination. The virus is spread through saliva or mucus from the mouth, nose and throat. A person carrying the virus can infect others through coughing, sneezing and the sharing of items, such as water bottles, utensils, and food, especially with prolonged exposure.

Mumps symptoms typically start with fever, headache, muscle aches, tiredness and loss of appetite, the U.S. Centers for Disease Control and Prevention (CDC) reports. Most people will experience swelling – puffy cheeks and a tender, swollen jaw that is typically associated with mumps – of their salivary glands within 48 hours. Mumps will usually go away on its own and most people will recover completely within a few weeks.

For more detailed information about mumps, including symptoms,

complications and vaccinations, please visit the CDC [site on mumps](#).

What should I do?

If you have exhibited any of the symptoms listed above, I urge you to self-isolate and see a medical provider as soon as possible. Additional information is as follows:

- Students: Please contact Student Health Services at 619-594-4325, or contact your personal healthcare provider. Students may also call the Nurse Advice Line at 858-225-3105, which is available after 4:30 p.m. Monday through Friday, on weekends and when SDSU is closed. When calling and also when visiting a healthcare provider, put on a facemask and be certain to inform them of your symptoms right away.
- SDSU faculty and staff: You are encouraged to speak with your medical provider or contact the [Employee Assistance Program](#), which offers confidential support for workplace issues. Additional information, resources, and tools are available by calling 800-342-8111 or online.
- Frequently asked questions about mumps are available via the [SHS site](#).

The most effective way to prevent mumps is through two doses of the measles, mumps and rubella (MMR) vaccine. Information about the vaccine is available on the CDC's [Measles, Mumps, Rubella \(MMR\) Vaccine site](#).

As a preventive measure, if you have not received two doses of the MMR vaccine, please give strong consideration to getting vaccinated as soon as possible. You can obtain the vaccine from a local pharmacy, your primary healthcare provider or, for students, from Student Health Services.

Disease prevention education and isolating when symptoms are present are important efforts to help prevent the spread of disease.

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