

As a follow up to the email I shared with you on Saturday, February 22, we have results indicating that four San Diego State University students are confirmed to have mumps. In addition to the positive cases, San Diego County Health and Human Services Agency (HHSA) has identified two additional probable cases. This means six total cases are currently being managed.

Each of the affected students live off campus in a single complex, BLVD63 Apartments, which is managed by a private property management company.

Given the number of individuals impacted, HHSA has deemed this to be an outbreak situation, and both SDSU and HHSA are working closely and collaboratively to manage the outbreak.

Due to privacy regulations, specific information about the students and their programs of study cannot be shared, but I am able to share that all students with symptoms are currently self-isolating at their place of residence, are recovering and are not attending classes or other campus activities until they are well.

Response Plan

SDSU is doing the following:

- Several campus teams are working directly with impacted students to ensure that they receive appropriate health-related, academic and other support.
- SDSU Student Health Services (SHS) continues to work very closely with HHSA officials to manage the cases, and is closely following the guidance of county officials.
- SHS has introduced and will be managing a [web page](#) about mumps, along with information for students, faculty and staff. The web page will be updated regularly as new developments occur.

Vaccination Clinics

After a comprehensive assessment of the outbreak, HHSA is recommending a booster for students who are at increased risk, defined as those living in BLVD63, the off-campus apartment complex.

Information for BLVD63 Residents

HHSA will be offering [measles, mumps, rubella \(MMR\)](#) booster clinics for students who reside at BLVD63. The clinics for apartment residents will be held inside the BLVD63 community clubhouse:

- Thursday, Feb. 27, 3 p.m. to 6 p.m.
- Friday, Feb. 28, 3 p.m. to 6 p.m.

Vaccines to BLVD63 residents will be provided on a first come, first served basis.

The most effective way to prevent mumps is through [two doses of the measles, mumps and rubella \(MMR\) vaccine](#).

Information for All SDSU Students

All other SDSU students who have questions or have symptoms are asked to contact your healthcare provider or SDSU's Student Health Services by calling 619-594-4325 or emailing shs@sdsu.edu. If you appear to have mumps-like symptoms, please notify the team of any symptoms you may be experiencing before arriving.

All 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.

Mumps Symptoms

Mumps is a contagious, viral illness that is spread through saliva or mucus from the mouth, nose and throat. Mumps typically starts with a fever, headache, muscle aches, tiredness and loss of appetite. Most people will experience swelling of their salivary glands within 48 hours. This is what causes the puffy cheeks and a tender, swollen jaw. Mumps typically cause mild symptoms in those who have been immunized, and symptoms generally go away on their own.

The most effective way to prevent mumps is through two doses of the measles, mumps and rubella (MMR) vaccine.

The best way to keep yourself healthy is to avoid sharing food and drinks with others, especially with those who have symptoms of mumps. Wash your hands frequently, and use hand sanitizer when unable to use soap and water.

Information for All; Additional Details

If you begin to develop symptoms that are typically associated with mumps, you should self-isolate immediately, which means staying home from school, work, social events and other activities. Also, contact your healthcare provider. The CDC recommends self-isolation for five days after the onset of parotid gland swelling, which are the salivary glands located near the angle of the jaw.

If you are pregnant or have a weakened immune system, please contact your healthcare provider with questions and for support as needed.

Please rely on credible sources of information about mumps for additional details:

- The [U.S. Centers for Disease Control and Prevention \(CDC\)](#) page on mumps.
- The CDC's [measles, mumps, rubella \(MMR\) vaccine](#) site.
- SHS's newly launched [web page](#) with campus information and other details related to mumps.
- A list of FAQs about mumps on the [SHS site](#).

Also, while mumps can survive briefly on surfaces such as countertops and doorknobs, it is most often contracted through prolonged and close contact with a person who has mumps. Routine cleaning is adequate for controlling mumps.

We appreciate the county's coordination in quickly managing this small mumps outbreak. Our team will continue to share information and support as we work collaboratively to manage the situation.

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