

# How to protect your loved ones from MUMPS

**Mumps infection is preventable.**

## GET VACCINATED TODAY!

### Signs/Symptoms of Mumps

- Headache
- Loss of appetite
- Fever
- Muscle aches
- Swelling below the ear or jaw (Parotitis)
- Tiredness

Mumps can also cause **serious complications**. See your doctor if you believe you have mumps!



Skagit County  
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### How Mumps Spreads

Mumps spreads from person to person. Mumps is found in a sick person's saliva and in the mucus of the mouth, nose, or throat. Mumps can spread when a sick person coughs, sneezes or talks. *It can also spread by sharing items, such as cups or eating utensils.*

### Protect Yourself from Getting Mumps!

***The most important step to prevent getting mumps is to get vaccinated!***  
Please see your doctor in order to get your **MMR** vaccine.

#### ***You can also protect yourself by doing these things:***

- ⇒ Wash your hands throughout the day with soap and water
- ⇒ Avoid being around sick people
- ⇒ Avoid touching your face, mouth, nose or eyes
- ⇒ Get your **MMR** vaccine

### If You Get Mumps

#### ***Take Care of Yourself***

See your doctor immediately if you believe you might have mumps and make sure your family is up-to-date on their MMR vaccines. If you need an MMR vaccine, please contact your doctor.

#### ***Protect Others***

If you have the above symptoms of mumps, you can give it to others!

#### ***Follow these easy steps to prevent spreading mumps:***

- ⇒ Stay home from work or school and stay away from others who aren't sick
- ⇒ Cover your cough or sneeze
- ⇒ Wash your hands after coughing/sneezing and throughout the day
- ⇒ Don't share *items such as cups or eating utensils* with others

**Need more information? Please call the Skagit County Health Department @ (360) 416-1500**