

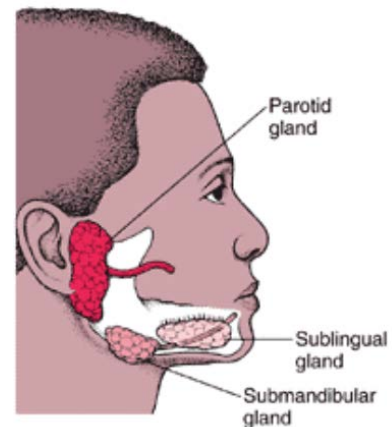
MUMPS BULLETIN

The Tulalip Community Health Department would like to share some information and assist with educating and protecting our community. Recently, multiple cases of mumps have been confirmed in Snohomish County.

Mumps is highly contagious and spreads through contact with saliva and other respiratory fluids such as, coughing, sneezing, talking, etc.

Symptoms of mumps infection include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swelling of the glands near the ears and cheeks (see picture)



HELP PROTECT YOUR COMMUNITY

Vaccination, handwashing, and staying home (or keeping children home) when sick are important steps in preventing mumps.

Vaccination is the best way you can protect yourself, your family, and our community. Even if you had the vaccine as a child, studies show that a MMR booster can greatly reduce the risk of a mumps infection. We encourage vaccine boosters for anyone who has not received an MMR vaccine within the past 5 years. If you have not been previously vaccinated or are unsure, you will need to get two doses of the vaccine (with the second dose given 28 days after the first).

If you or your children would like to be vaccinated against mumps, contact your healthcare provider's office. Patients seen at the Tulalip Health Clinic and Tulalip Tribes Employees may also walk-in to the Clinic and ask for "a nurse-visit and MMR vaccination."

We will have immunizations available for Tribal Members at the Community Wellness Conference May 17 at Tulalip Resort. In addition, we will be offering mobile vaccination clinics for Tribal Employees, dates will be determined soon.

If you have questions, please contact Tulalip Community Health Department at 360-716-5662.