February 7, 2020

Dear UNH Community,

Over the last week, there have been three confirmed cases of mumps infection identified in students on the Durham campus. At this time, these cases are limited to individuals who have had close contact with one another; the risk to the larger community is thought to be low. We are working closely with the New Hampshire Department of Health and Human Services, Division of Public Health Services to prevent further spread of this virus to others.

Mumps is a disease caused by a virus that infects the salivary glands. The main symptoms of mumps include swelling and tenderness of the cheeks or upper jaw, usually preceded by fever, headache and muscle aches. Symptoms typically develop 16-18 days (with a range of 12 to 25 days) after being exposed to someone with mumps infection. If you experience these symptoms, you should distance yourself from others and be seen by a healthcare provider for further evaluation. Please call ahead to your health care provider and make them aware that mumps has been diagnosed on our campus so they can prepare for your arrival.

Mumps can spread through contact with an infected person’s respiratory secretions and saliva. Mumps can sometimes spread before an infected person develops symptoms. The virus that causes mumps can spread easily in communal settings where people are in close contact with each other.

The best protection against mumps is vaccination. Most students who have received two doses of the MMR vaccine are protected. UNH has a requirement for students to be vaccinated with the MMR vaccine as a condition of enrollment to protect the UNH community from mumps. If you are unsure of your MMR vaccination status, we encourage you to confirm completion of the vaccine series with your healthcare provider.

To protect yourself and others from mumps, in addition to vaccination, we recommend that you:

- Stay home from work or school if you are not feeling well
- Wash your hands often with soap and water for at least 20 seconds
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands
- Clean and disinfect objects and surfaces
- Don’t share drinks, smoking/vaping devices or other utensils or objects
- Talk to your healthcare provider about getting vaccinated if you haven’t been already

Additional information on mumps.

For any questions, please call Health & Wellness at (603) 862-9355, or visit the website.

Sincerely,
Kevin Charles
Executive Director
UNH Health & Wellness