



**ST. PETER LUTHERAN
CHURCH & SCHOOL**

January 19, 2018

Dear Parents,

We have been informed of an unconfirmed case of Mumps in the main building. The child involved has previously received the proper immunizations. As soon as further information is available we will make it available to you. If you have any questions, please contact your physician.

The primary — and best known — sign of mumps is swollen salivary glands that cause the cheeks to puff out. In fact, the term "mumps" is an old expression for lumps or bumps within the cheeks.

The most common symptoms include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Weakness and fatigue
- Loss of appetite
- Pain while swallowing or chewing
- Swollen and tender salivary glands under the ears on one or both sides (parotitis)

Symptoms typically appear 16-18 days after infection, but this period can range from 12-25 days after infection.

Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease.

Most people with mumps recover completely in a few weeks.

Mumps is a contagious disease caused by a virus. It spreads through saliva or mucus from the mouth, nose, or throat. An infected person can spread the virus by

- coughing, sneezing, or talking,
 - sharing items, such as cups or eating utensils, with others
 - touching objects or surfaces with unwashed hands that are then touched by others.
- Mumps likely spreads before the salivary glands begin to swell and up to five days after the swelling begins.