

Important Health Alert

Please be aware that the University of Missouri has been experiencing an outbreak of mumps.

The disease, best known for puffy cheeks and swollen glands, is a virus that can spread quickly on college campuses where students live in close quarters.

Symptoms typically appear 16-18 days after exposure, but this period can range from 12-25 days. Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease. You can still get the mumps even if you have been vaccinated. Most people with mumps recover completely in a few weeks.

Watch for these symptoms:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears on one or both sides

Take these precautions:

- Cover your cough or sneeze.
- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.
- Avoid sharing eating and drinking utensils.
- Avoid exchanging saliva with others.

If you are experiencing symptoms described above, please contact Boone Medical Group for an appointment to be evaluated.