

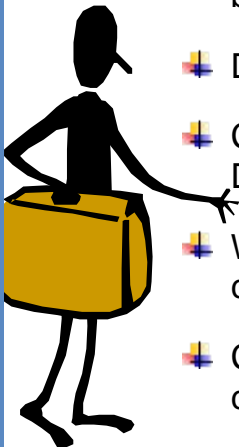
PROTECT FAMILY & FRIENDS!

Prevent the Spread of Mumps



Will You Be Traveling?

- ✚ Make sure you and your family are up-to-date on your MMR vaccines. It is important to get vaccinated before Passover, Easter, spring break, and other holidays when people get together in large groups.
- ✚ Stay home if you are sick and be sure to avoid contact with others in your household. You can spread the infection to others for 5 days after you develop symptoms of the mumps.
- ✚ **Do NOT travel if you have symptoms of mumps** to prevent spread to family and friends in locations not affected by the mumps outbreak. Protect those you visit by recommending they get up to date on their MMR vaccines, too. You can spread the infection before you realize you are sick.
- ✚ Remember that you can also be exposed to mumps in other states or countries. Outbreaks are happening in other places. Vaccination before traveling is your best protection.
- ✚ Don't share eating utensils, cups or plates.
- ✚ Cover your mouth and nose with a tissue when you cough or sneeze. Dispose of these tissues appropriately.
- ✚ Wash hands frequently with soap and water or an alcohol-based hand cleaner (at least 60% alcohol).
- ✚ Clean surfaces that are frequently touched (toys, doorknobs, tables, counters) regularly with soap and water or with cleaning wipes.



For more information contact:

Your health care provider or
Monmouth County Regional Health Commission
732-493-9520

NJ Department of Health and Senior Services Vaccine Preventable
Disease Program at (609) 826-4860 or at <http://nj.gov/health>