



**City of Amarillo**  
**Department of Public Health**  
Amarillo Bi-City, Bi-County Health Authority



Health Advisory: Mumps

May 16, 2017

The City of Amarillo Department of Public Health is reporting 2 cases of mumps in Randall County. “Texas is experiencing an outbreak, similar to the national trend at a 25 year high, due to declining vaccination rates,” said Casie Stoughton, Director of Public Health.

Mumps is a virus that is best known for the puffy cheeks and swollen jaw that it causes, as a result of swollen glands in the mouth. Other signs and symptoms include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite

Some people with mumps have mild cases or no symptoms at all; however, more serious complications can occur. Occasionally, mumps can cause meningitis, deafness, or swelling in the testicles and ovaries.

Mumps is spread by droplets of saliva from the mouth, nose, and throat of an infected person. Coughing, sneezing and sharing cups and eating utensils are ways to pass along the virus.

If you suspect you have mumps:

- Contact your healthcare provider.
- Stay home for 5 days after symptoms begin.
- Cover your mouth and nose when you cough or sneeze.
- Wash your hand frequently!

Healthcare providers are encouraged to test patients whom they suspect have mumps:

- Buccal swab – PCR within 3-5 days of symptom onset.

The City of Amarillo Department of Public Health urges everyone to be fully vaccinated. “Vaccines are the strongest protection against mumps and other vaccine preventable diseases,” said Dr. Scott Milton, Health Authority. “It is important to protect our community with strong vaccination rates.”

For more information, <https://www.cdc.gov/mumps/hcp.html>

You can reach out to Carol Hill, 806-378-6327, at the City of Amarillo Department of Public Health for additional information.