



# Prevent the Spread of Mumps at Summer Camp



## **Summer camp starts soon and mumps is still circulating. Protect your family by following these tips:**

- Make sure you and your family are up-to-date on your measles, mumps, and rubella (MMR) vaccinations. Up-to-date means you had 1 or 2 doses of MMR vaccine, depending on your age. It is important to get vaccinated when people get together in large groups, such as camps.
- Make sure your children stay home from camp and other activities if they are sick and be sure they avoid contact with others. You can spread the infection to others for 5 days after you develop symptoms of the mumps.
- If you or your child is exposed to or develops symptoms of mumps, avoid travel to prevent further spread of the disease. Prior to travel, 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 and your children 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  
Your local health department  
NJ Department of Health and Senior Services  
Vaccine Preventable Disease Program  
(609) 826-4861 or at <http://nj.gov/health/cd>