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More Mumps Cases Reported in Wichita County

Wichita Falls, Texas – The Wichita Falls-Wichita County Public Health District wants citizens to be aware that four more cases of mumps in adults have been identified in Wichita County. This brings the total number of cases to six.

Mumps is a **HIGHLY** contagious disease caused by a virus and is best known for the puffy cheeks and swollen jaw that it causes. It may also cause fever, headache, muscle aches, loss of appetite, or tiredness.

Anyone not protected against mumps is at risk of getting infected. Mumps spreads through saliva or mucus from the mouth, nose, or throat when an infected person coughs, sneezes, or talks. The virus can also be spread by sharing such items as cups, dishes and utensils, or by touching contaminated surfaces.

The **BEST** way to protect against mumps is to get the measles-mumps-rubella vaccination (MMR). Doctors recommend that **ALL** children get the MMR vaccine.

- Children 12 months of age or older should have two doses of MMR vaccine, separated by at least 28 days.
- Teenagers and adults without evidence of immunity (protection) to mumps should have two doses of MMR vaccine, separated by at least 28 days.

You can also lower the risk of catching mumps, and many other viruses, by washing your hands often and avoiding touching your face, nose, and mouth. Also always be sure to cover your coughs and sneezes.

If you think you or a family member has mumps and you plan on seeing a health care provider, please call them before visiting their medical office. This will help them take precautions to prevent the spread of the mumps to their staff and other patients.

If you have specific questions about the mumps, please call the Health District at [940.761.7803](tel:940.761.7803) or 7892.

For more information on the MMR vaccine, please call the Health District's Immunization Clinic at [940.761.6841](tel:940.761.6841).

For more information on the mumps and a current case count, please visit the Health District's website at: health.wichitafallstx.gov

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