SO YOU HAVE MUMPS... NOW WHAT?

**ANSWER: SELF ISOLATE!**

**How do I self isolate?** Avoid prolonged, close contact with other people until at least five days after your salivary glands began to swell (called Parotitis). You are contagious during this time.

**THIS MEANS:**
- No Work
- No Class
- No Gym
- No Parties
- No Eating Out
- No Team Practices

**KEY IDEA: STAY HOME AND AVOID PEOPLE**

**Did you know:** Mumps is spread by droplets of saliva or mucus from the mouth, nose, or throat of an infected person.

**Isolation Calculation:**
- Date of Onset Parotitis
- + 6 Days
- Date OK to Return to Civilization

**Things to do while you are in self-isolation:**
- Rest & take care of yourself
- Watch Netflix or read a book
- Catch up on homework
- Apply ice to any swelling
- Take Acetaminophen or Ibuprofen for pain

**HOW TO NOT SPREAD MUMPS:**
- When you sneeze/cough, cover your mouth and nose with a tissue or your elbow- THEN WASH YOUR HANDS!
- Do not share drinks, eating utensils, lip balm, cigarettes, hookahs, etc. with anyone.
- Avoid kissing and sexual contact.
- Designate specific utensils, plates, cups that no one else can use while you are contagious.
- Use disinfectant wipes (like Clorox) to disinfect spaces and things that other people may use: i.e. the bathroom, door handles, etc.
- Do not go out to public places- if you have to for an emergency, wear a mask.

**WHAT SHOULD I DO IF I LIVE WITH SOMEONE?**

Talk with your family or roommates about avoiding contact with you and sleeping in a separate room (if possible)

Speak with your doctor if you have any questions or concerns.