

Prevention is better than treatment, when it comes to the MUMPS.

The following tips will help you stay healthy:



WASH YOUR HANDS.

Wash your hands often with warm water and soap throughout the day, especially after you cough or sneeze. Better yet, cover your cough or sneeze with your arm or a tissue (then immediately throw the tissue away).



EAT RIGHT, HYDRATE AND GET ENOUGH SLEEP.

A poor diet, dehydration and lack of sleep can lower your immunity, making you more susceptible to infections. To improve your immunity, try to get at least 7 – 8 hours of sleep a night, drink plenty of water and eat a healthy diet.



AVOID SHARING PERSONAL ITEMS.

Germs spread. Do not share glasses, cups, drinks or eating utensils.



PRACTICE SOCIAL DISTANCING.

Mumps is contagious and spreads person-to-person. To reduce your chances of infection, avoid crowds and being around people who appear ill.



GET VACCINATED.

To build immunity, two doses of the MMR (measles, mumps and rubella) vaccine are recommended.



BE CONSIDERATE OF OTHERS.

If you contract the mumps, stay home or self-isolate, and use a mask when around others to keep the spread of mumps to a minimum.

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For more information, visit go.udayton.edu/mumps.

For questions or a suspected case of the mumps, please call the Heath Center at 937-229-3131.