FIGHT MUMPS
It starts with you

Mumps is spread through contact with saliva or mucus from the mouth, nose or throat of an infected person. Protect yourself and help stop the spread of mumps by using these healthy habits.

- Wash your hands thoroughly and often with soap and warm water.
- Stay home if you are sick.
  Mumps is easy to spread. Stay home and do not travel or go to school or work for 9 days after the start of swollen glands.
- Get Vaccinated.
  The measles-mumps-rubella (MMR) vaccine provides the best protection against this disease.
- Use your own cups, forks, and spoons.
  Sharing cups or eating utensils with someone who has mumps can make you sick.
- Cover your cough or sneeze.
  Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissues in the waste basket and wash your hands.

For more information, call 2-1-1 or visit health.hawaii.gov
Language assistance services available through 2-1-1.