**Mumps Outbreak**

[Español](http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Mumps/MumpsOutbreak/Brotedepaperas)

**WARNING – Mumps outbreak in Washington State.**

Mumps has spread and [health officials urge immunization](http://www.doh.wa.gov/Newsroom/2016NewsReleases/16142MumpsInWANewsRelease). The Washington State Department of Health reminds people across the state to take precautions to help stop the spread of mumps.

It’s especially important for you to take precautions during winter holiday social gatherings. Avoid kissing, hugging and other close contact with anyone who is suspected of having mumps. If you have been exposed to mumps and feel ill, stay home to help prevent the spread of the disease and contact your healthcare provider. If you don’t have a healthcare provider, call your local health department or the Family Health Hotline at 1-800-322-2588.

Go this website for a daily update of confirmed and probable cases in WA:

<http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Mumps/MumpsOutbreak>

Sonja Bittner BSN, RN

Sequim District School Nurse

(360)477-7728

Secure fax (360)683-0901