

**POMONA UNIFIED SCHOOL DISTRICT  
Health Services & Programs**

**PARENTS!**

**Notice of Exposure to Illness**

**Mumps**

Date: \_\_\_\_\_

**Symptoms:** Fever, headache, swelling and tenderness of one or more glands in front of ear and under jaw. General fatigue.

**Incubation Period:** 12 - 26 days, average 18 days.

**How Transmitted:** Direct contact with secretions from an infected person by sneezing, soiled tissues and eating utensils.

**Treatment and Precautions.** May want to contact your doctor. Bed rest and encourage fluids  
Vaccine is available.

**Return to School:** No sooner than 9 days after the onset of swelling.

**Please call your child's school if your child will be absent  
due to above symptoms (or any other illness)**

SECTION 6