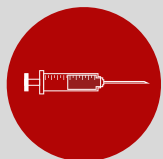


**PROTECT
YOURSELF
AGAINST**

MUMMPS



The best way to prevent mumps is through an MMR vaccination.

PREVENT THE SPREAD OF MUMMPS THROUGH THESE STEPS:



DON'T share items that may have saliva on them (drinks from cups, water bottles).



COVER your coughs and sneezes.



WASH your hands often and thoroughly with soap and water.



CLEAN and disinfect shared surfaces.



STAY HOME if you are sick. Contact your provider for treatment.

UF | Student Health Care Center
UNIVERSITY of FLORIDA

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