Washington State is experiencing a MUMPS outbreak!

1. **STOP**
   - DO NOT ENTER . . .
   - if you have not been immunized for MUMPS
   - The MMR vaccine is the BEST protection against mumps!

2. if you have signs & symptoms of MUMPS
   - Loss of appetite
   - Fever
   - Muscle aches
   - Headache
   - Tiredness

MUMPS is best known for the puffy cheeks and swollen jaw it causes.

Spokane Regional Health District, 509-324-1550

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