TAKE YOUR HEALTH into YOUR OWN HANDS!

HELP PREVENT the SPREAD of MUMPS:

• Don’t share drinks or eating utensils.

• Cover your mouth/nose when coughing or sneezing.

• Refrain from kissing and other intimate activity.

• Don’t share cigarettes and e-cigarettes.

• Wash your hands often with soap and water.

• Clean and disinfect frequently touched surfaces like sinks, doorknobs and tables.

• At the first sign of symptoms, visit a doctor.

Questions? Visit health.syr.edu or contact Health Services at 315.443.9005

Syracuse University