

# DON'T ASSUME YOU'RE IMMUNE!

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1. **Take charge of your health** — Make sure you have received the **two** MMR vaccinations (mumps, measles and rubella). If you're unsure, contact your medical provider.



2. **Keep your K-State family safe** — Wash hands frequently, keep tissues handy and avoid public places while sick.



3. **Be proactive** — Encourage friends to monitor their health and if ill call Lafene at 785-532-6544.

For more information, visit  
***[k-state.edu/mumps](http://k-state.edu/mumps)***