DON’T ASSUME YOU’RE IMMUNE!

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