

Mumps

What is mumps?

- It is a contagious disease that is caused by the mumps virus.

Who gets mumps?

- Mumps can affect any person of any age who has not had the disease or been immunized against it.
- Immunization greatly reduces the chance of getting mumps infection.

How is mumps spread?

- Mumps spreads from person to person by contact with respiratory secretions, such as when a person coughs or sneezes.
- Mumps can also be spread by sharing drinks, food or eating utensils with an infected person.

How long does it take to show signs of mumps after being exposed?

- Symptoms of mumps may develop from 12 to 25 days after exposure.

What are the signs and symptoms of mumps?

- Swollen and tender salivary glands in front of the ears or above the jaw on one or both sides of the face (called "parotitis")
- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite

How long is a person with mumps contagious?

- Mumps is usually considered contagious from one to three days before until five days after the swelling begins.

Is there a treatment for mumps?

- There is no "cure" for mumps, only supportive treatment (bed rest, fluids, and fever reduction).

How can I prevent myself from getting mumps?

- Mumps can be prevented by getting the MMR (measles, mumps, and rubella) vaccine. MMR vaccine should be routinely given when children are 12-15 months old, and a second dose should be given at 4-6 years old.
- Adults born in 1957 or later who have not had physician-diagnosed mumps or laboratory testing for mumps disease should receive at least one dose of vaccine.

What should I do if I think I or my child has mumps?

- Consult your doctor or health care provider; laboratory testing is needed to confirm mumps infection.
- Stay home from work or school for five days after your salivary glands begin to swell, and avoid close contact with other people who live in the home.
- Cover your mouth and nose with a tissue when you cough or sneeze, or use your arm to cough or sneeze into, not your hands.
- Wash your hands well and often with soap and warm water, and teach your children to wash their hands too.
- Don't share drinks, food or eating utensils.

1/27/12

More information on mumps: www.cdc.gov/mumps

1675 W. Garden of the Gods Road, Colorado Springs, CO 80907 (719) 578-3199 www.elpasocountyhealth.org