

# Protect Your Family From Mumps

## 1. What is mumps?

Mumps is a contagious disease caused by a virus. It spreads easily through coughing and sneezing.

## 2. What are the symptoms?

People with mumps will get symptoms about 16-25 days after exposure to the disease. Symptoms include:

- Swollen glands under the ears or jaw (parotitis)
- Fever
- Muscle aches
- Tiredness
- Loss of appetite
- Headache

Some people who get mumps do not have symptoms. Others may feel sick but will not have swollen glands.

## 3. How does mumps spread?

Mumps spreads through the saliva or mucus from an infected person who coughs, sneezes, or talks. You can also get it by direct contact with an infected object, such as sharing forks/knives/spoons and drinks.

A person with mumps can spread the disease 2 days before swelling starts until 5 days after swelling begins.

## 4. How serious is mumps?

Mumps can cause serious problems, including:

- Swelling of the testicles in males that could lead to temporary sterility or decrease fertility
- Swelling of the ovaries (oophoritis) or breasts (mastitis) in females who have reached puberty
- Swelling of the brain (encephalitis)
- Temporary or permanent deafness
- Swelling of the brain and spinal cord covering (meningitis)

## 5. Is there treatment for mumps?

There is no specific treatment for mumps. Many people fully recover from mumps within a few weeks.

## 6. What is the best way to prevent mumps?

The best way to protect against mumps is to be completely vaccinated against mumps. The MMR (measles-mumps-rubella) vaccine is safe and the most effective way to prevent mumps.

*Who should get the MMR vaccine?*

- Children 12-15 months of age and again at 4-6 years of age
- If not vaccinated, older children and adults not pregnant

People with mumps cannot go back to childcare, school, work, or other public places until the 6<sup>th</sup> day after the swelling began.



## Key Takeaway Messages:

- Mumps is a very contagious disease that spreads easily through coughing and sneezing
- Symptoms: swollen glands under ear/jaw
- The best way to prevent mumps is to have two MMR vaccines.
- Age-appropriate vaccination against mumps is required for enrollment in California childcare institutions and schools.

## For More Information:

**Want more information on mumps?**

<https://www.cdc.gov/vaccines/parents/diseases/mumps.html>

**Don't have health insurance or a regular healthcare provider?**

<http://www.publichealth.lacounty.gov/chs/> or dial **2-1-1** for a list of low or no cost vaccine clinics

**Want more information on vaccine requirements for school entry?**

<http://www.shotsforschool.org/>

**Want more information?**

Call the Los Angeles County Department of Public Health Vaccine-Preventable Disease Control Program at **(213) 351-7800**  
**Monday-Friday 8:30am-5:00pm**