

Mumps

1. What is mumps?

Mumps is a contagious disease (spread to other people) that is caused by a virus (germ). It is best known for causing puffy cheeks and a tender, swollen jaw (parotitis), but can cause additional complications in adults. **Getting vaccinated is the best way to prevent mumps.**

2. What are the symptoms of mumps?

Symptoms usually occur 16-18 days after infection. These symptoms can last for up to 10 days. Some people who get mumps have mild or no symptoms at all. The most common symptom are puffy cheeks and a swollen glands below the ear and around the jaw. Other symptoms include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen glands under the ears

In some cases, women can have inflammation (swelling) of the ovaries or breasts and men can experience testicular swelling (orchitis). This inflammation can cause infertility. Mumps can also cause swelling of the brain (encephalitis), swelling of the tissue covering the brain and spinal cord (meningitis), deafness (temporary or permanent). Contact a doctor right away if you think you may have mumps.

3. How does mumps spread?

The virus spreads through saliva or mucus from the mouth, nose, or throat. It can be spread when:

- Coughing, sneezing, or talking
- Sharing items that may have saliva on them such as utensils or water bottles
- Participating in close contact activities with others such as sports or kissing

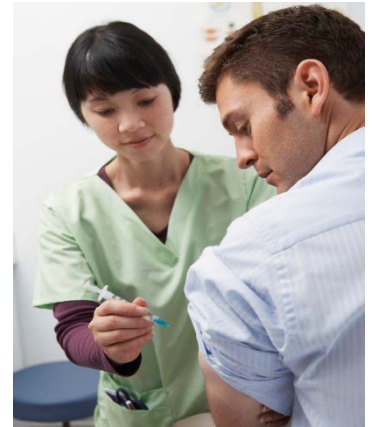
The infected person can spread the disease a few days before their salivary glands begin to swell and up to five days after the swelling begins.

4. How do you treat mumps?

There is no medicine for mumps. Recommended treatment is bed rest, fluids and medicine for reducing fever. Mumps usually goes away a few weeks after infection. In adults, mumps can become very serious. If you think you have mumps, contact a doctor right away. Stay away from other individuals or large groups in places such as school, daycare, and waiting rooms, before speaking to your doctor.

5. How can mumps be prevented?

The best way to prevent mumps is to get vaccinated. MMR (measles, mumps, rubella) and the MMRV (measles, mumps, rubella and varicella) vaccines are safe and effective. Anyone who hasn't been vaccinated or had the disease, should get two doses of a mumps-containing vaccine, such as MMR or MMRV. Children should get their first dose at 12 months of age and a second dose at 4–6 years of age.



Key Points:

- Mumps is a contagious disease caused by a virus.
- Mumps causes puffy cheeks and swelling of glands below the ears and around the jaw.
- Vaccination is the best way to prevent getting or spreading mumps.

Prevention Tips:

- Get vaccinated
- Contact your doctor if you think you have mumps or were in contact with someone who has mumps.
- Stay home if you're sick.
- Cover your cough and sneeze