



## MUMPS

### **What is Mumps?**

Mumps is a viral infection that is characterized by swelling and tenderness of one or more of the salivary glands. This illness is uncommon in children who are up-to-date with the Measles, Mumps and Rubella (MMR) immunizations.

### **What are the Symptoms of Mumps?**

Symptoms of mumps infection include fever, headache, muscle aches, tiredness, loss of appetite followed by onset of parotitis (swollen glands in the front of or below the ear or under the jaw). Mumps can lead to hearing loss or aseptic meningitis. Twenty – thirty percent of males who have reached puberty will experience painful swelling of the testicles and 30% of women who have reached puberty will experience painful swollen breasts and very rarely inflammation of the ovaries. Sterility following mumps infection rarely occurs. Symptoms usually resolve after 10 days.

### **How is Mumps Spread?**

Mumps is spread from person to person following contact with infected respiratory secretions. A person with mumps is able to transmit the virus to others 3 days before the onset of symptoms and up 9 days afterward.

The time between exposure to the mumps virus and development of symptoms (incubation period) is usually 16 – 18 days but cases can occur up to 12 - 25 days following exposure.

### **How is Mumps Treated?**

Since this is a viral illness there is no specific treatment, or medication to take. Provide ample opportunity for rest and drink plenty of fluids if fever is present. If you suspect you may have mumps seek medical attention and inform your doctor of your symptoms in advance to avoid possibly infecting others while sitting in the waiting room.

## How is Mumps Prevented?

Mumps vaccine, most commonly received in the MMR (Measles, Mumps, Rubella), is the best way to prevent infection with the mumps virus. The mumps vaccine is a live attenuated (weakened) vaccine. Two doses of MMR vaccine are routinely recommended for all children. The first dose is given on or after the first birthday and the second dose is given at 4-6 years of age. Most adults who have not been vaccinated or do not have documentation of previous infection with the mumps virus should receive at least one dose of MMR vaccine.

One dose of mumps vaccine will be effective in preventing infection in 80% of people and two doses will be effective in 90% of people.

Practicing good hand hygiene and avoiding sharing of articles that go into the mouth will also help to prevent transmission of mumps virus.

