

PUBLIC HEALTH FACT SHEET

Mumps

What you need to know

What is Mumps?

Mumps is an infection that often results in fever, swelling and tenderness of one or more of the salivary glands. It is caused by a virus.

Who gets Mumps?

Although older people may contract the disease, mumps usually occurs in children between the ages of five and 15. Mumps occurs less regularly than other common childhood communicable diseases. The greatest risk of infection occurs among older children. Mumps is more common during winter and spring.

How is Mumps spread?

Mumps is easily spread by nose, throat and mouth droplets through talking, coughing and sneezing.

What are the symptoms of Mumps?

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

Approximately one-third of infected people do not exhibit symptoms.

How soon after do symptoms appear?

The incubation period is usually 16 to 18 days, although it may vary from 12 to 25 days from time a person is exposed until symptoms begin.

When and for how long is a person able to spread mumps?

Mumps is contagious two days prior to and five days after the onset of symptoms. The virus can still be found in saliva as late as 9 days after symptoms begin.

Does past infection with mumps make a person immune?

Yes. Immunity acquired after contracting the disease is usually permanent.

Is there a vaccine for mumps?

Yes, mumps vaccine is given on or after a child's first birthday, and is usually administered in combination with measles and rubella vaccine. The MMR vaccine is highly effective and one injection usually produces lifelong protection.

What complications have been associated with mumps?

Swelling of the testicles occurs in 15-25 percent of infected males who have reached puberty, which rarely leads to sterility. Mumps can cause central nervous system disorders such as encephalitis (inflammation of the brain) and meningitis (inflammation of the covering of the brain and spinal column). Other complications include arthritis, kidney involvement, inflammation of the thyroid gland, ovaries, and breast and deafness.

What can be done to prevent the spread of mumps?

- The single most effective control measure is maintaining the highest possible level of immunization in the community.
- Pregnant women should not get vaccinated as this is a live viral vaccine. All women of childbearing age should keep out of contact with those who have Mumps.
- All children by the age of 15 months must be vaccinated against mumps or have an exemption for childcare enrollment
- Parents should keep infants away from individuals suspected of having mumps.
- Cover mouth and nose with a tissue when sneezing or coughing, or turn away when coughing.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills viruses
- DO NOT share anything that you put in your mouth, for example, beverage containers, eating utensils, cigarettes, toothbrushes, and lip balm.

Should I get this vaccine?

- As an adult, you do NOT need the measles, mumps, rubella vaccine (MMR) if:
- You had blood tests that show you are immune to measles, mumps, and rubella.
- You are a man born before 1957.
- You are a woman born before 1957 who is sure she is not having more children, has already had rubella vaccine, or has had a positive rubella test.
- You already had two doses of MMR or one dose of MMR plus a second dose of measles vaccine.
- You already had one dose of MMR and are not at high risk of measles exposure.

As an adult, you SHOULD get the measles vaccine if you are not among the categories listed above, and:

- You are a college student, trade school student, or other student beyond high school.
- You work in a hospital or other medical facility.
- You travel internationally, or are a passenger on a cruise ship.
- You are a woman of childbearing age.

For more information on Mumps, call (816) 325-7204

For additional copies, visit our website at <http://www.ci.independence.mo.us/Health>