



MUMPS

What is MUMPS?

Mumps is a contagious disease caused by the mumps virus.

How is mumps spread?

It is spread through saliva or mucus from the mouth, nose, or throat. An infected person can spread the virus by coughing, sneezing, or talking, sharing items, such as cups or eating utensils, with others, and touching objects or surfaces with unwashed hands that are then touched by others.

Mumps starts to spread before the salivary glands begin to swell and continues to spread for up to five days after the swelling begins.

What are the symptoms?

Mumps typically starts with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, followed by swollen salivary glands, which causes tell-tale puffy cheeks and a swollen jaw. Symptoms typically appear 16-18 days after infection, but this period can range from 12-25 days after infection. Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease. Most people with mumps recover completely in a few weeks. However, Mumps can occasionally cause complications, especially in adults.

Complications include:

- inflammation of the testicles (orchitis) in males who have reached puberty; rarely does this lead to fertility problems
- inflammation of the brain (encephalitis)
- inflammation of the tissue covering the brain and spinal cord (meningitis)
- inflammation of the ovaries (oophoritis) and/or breast tissue (mastitis)
- deafness

How to prevent mumps

Mumps can be prevented by vaccination with the MMR vaccine. This protects against three diseases: measles, mumps, and rubella. The CDC recommends children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Teens and adults who did not get the recommended MMR vaccines per the above schedule should be vaccinated so they are up-to-date.

During outbreaks, the CDC also recommends that those at highest risk due to exposure to people with mumps, should receive a third dose of MMR

People known or suspected to have mumps should stay away from school or work until five days after the onset of swollen salivary glands

There is no specific treatment for mumps.