

FACT SHEET

Mumps

What is Mumps?

Mumps is a contagious disease caused by a virus. It is best known for the puffy cheeks and swollen jaw it causes.

What are the symptoms?

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

When do symptoms start?

Symptoms typically appear 16-18 days after a person has been exposed to the mumps virus, but can range from 12-25 days after exposure.

How is it spread?

It is spread through saliva or mucus from the mouth, nose, or throat of an infected person 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

How long is a person contagious?

Mumps is contagious, 2 days before and until 5 days after the salivary gland swelling begins.

How is the disease diagnosed?

Laboratory testing is needed to confirm mumps. Testing includes a throat swab **and** blood specimen from individuals with mumps-like symptoms. *(It is helpful to know if you have been near someone with mumps or have traveled to an area with a mumps outbreak.)*

How is mumps treated?

There is no specific treatment for mumps.

Who is most at risk?

Anyone who has not had the illness or been vaccinated against mumps.

Is there a vaccine available?

There are two combination vaccines used to prevent mumps: measles-mumps-rubella (MMR) vaccine and measles-mumps-rubella-varicella (MMRV) vaccine. The current recommendation is a two-dose schedule. The first dose at 12 to 15 months of age, the second at school entry (4 to 6 years of age).

What should I do if I am exposed to mumps?

If unvaccinated and/or susceptible to mumps, watch for signs and symptoms of the illness for 12 to 25 days after exposure. *Under certain circumstances unimmunized children may need to be excluded from school attendance for 26 days following the last day of exposure to a person with mumps.*

How can I prevent the spread of mumps?

- The best prevention is immunization.
- Persons with mumps must stay home and away from others for five days after onset of salivary gland(s) swelling.
- Cover nose and mouth when coughing and sneezing with your sleeve or a tissue. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Children may need help with handwashing.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth.
- DO NOT share anything that you put in your mouth (i.e. foods, beverage containers, eating utensils, lip balm, smoking materials)

For further information visit:

<http://www.cdc.gov/mumps/>

Promptly report mumps cases to
Saint Louis County Department of Public Health
by calling: 314-615-1630