

Mumps

Knowing the facts



Mumps is an illness that is caused by the mumps virus, a paramyxovirus. It is the acute onset of unilateral (one side) or bilateral (both sides), tender, self-limited swelling of the parotid or a salivary gland (usually felt behind the jaw and below the ear), lasting more than 2 days and without other apparent cause.



Did You Know?

Before the routine vaccination program was introduced in the United States, mumps was a common illness in infants, children and young adults. Because most people have now been vaccinated, mumps is now a rare disease in the United States. Outbreaks do still occur in unvaccinated groups.

How is mumps spread?

Mumps is spread by mucus or droplets from the nose or throat of an infected person, usually when a person coughs or sneezes. This virus can also be spread by direct contact with an infected person or contact with surfaces of items (e.g. toys) that have been touched by an infected person.

What are the symptoms of measles?

Parotitis, the swelling of the parotid gland found by the jaw and in front of the ear, is the most common symptom and occurs in 30% to 40% of infected persons. It may be on one (unilateral) or both (bilateral) sides of the face. Parotitis tends to occur within the first 2 days and may first be noted as earache and tenderness upon touch of the angle of the jaw. Symptoms tend to decrease after 1 week and usually resolve after 10 days. Fatigue, fever, and headache may precede or accompany the swelling. Severe complications are rare but may include swollen testicles or ovaries, swollen breasts, inflammation of the brain or tissues covering the brain (encephalitis/meningitis), or deafness.

How soon do symptoms appear?

Symptoms typically appear 16-18 days after infection, but can range from 12-25 days

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

A person is usually able to transmit measles from 3 days before the onset of first cold-like symptoms until 9 days after the appearance of the symptoms; most infectious within first 5 days of symptoms

What is the treatment for mumps?

There is no treatment for mumps.

How do I prevent the spread of mumps?

-Children or adults with measles should remain isolated and excluded from school until 5 days after the onset of swelling. Unvaccinated persons who have been exposed to measles should be excluded from school or work from the 12th through the 25th day after exposure to the mumps. Although mumps may seem like a harmless childhood illness it can have serious health consequences for infants who are too young to be vaccinated and people with other health conditions.

-Get immunized or check your immunization status for the measles-mumps-rubella (MMR) vaccine.

-Persons born before 1957 are generally considered to be immune to measles.

-If you suspect that your child has the mumps, keep him or her at home and contact your physician to arrange for a visit and diagnosis

-Report all cases to the local health department