



# MUMPS

## FACT SHEET



### What is mumps?

A viral illness with swelling of one or more of the salivary glands. Most cases now occur in young adults.

### WHAT ARE THE SIGNS AND SYMPTOMS OF MUMPS?

**SWOLLEN GLANDS IN FRONT OF AND BELOW THE EAR OR UNDER THE JAW. THERE IS NO SWELLING OR SYMPTOMS IN ONE-THIRD OF THE INFECTIONS. FEVER, HEADACHE, EARACHE. IN BOYS, PAINFUL SWELLING OF THE TESTICLES MAY OCCUR. GIRLS MAY HAVE SWELLING OF THE OVARIES, WHICH MAY CAUSE ABDOMINAL PAIN. COMPLICATIONS MAY INCLUDE MENINGITIS, DEAFNESS (USUALLY PERMANENT), GLOMERULONEPHRITIS (KIDNEY), AND INFLAMMATION OF JOINTS.**

### HOW IS IT SPREAD?

MUMPS IS SPREAD BY RESPIRATORY (DROPLET) ROUTE. WHEN AN INFECTED PERSON TALKS, COUGHS, OR SNEEZES DROPLETS FORM AND CAN LAND ON OR BE RUBBED INTO THE EYES, NOSE, OR MOUTH. DIRECT CONTACT WITH THE DROPLETS ON OBJECTS CAN ALSO SPREAD MUMPS.

### WHAT IS THE INCUBATION AND CONTAGIOUS PERIODS?

INCUBATION IS 16 – 18 DAYS FROM EXPOSURE. A PERSON IS CONTAGIOUS FOR 1-2 DAYS BEFORE THE GLANDS SWELL AND 5 DAYS AFTER THE GLANDS SWELL. THE VIRUS MAY BE FOUND IN SALIVA UP TO 7 DAYS BEFORE AND 8 DAYS AFTER SWELLING OF GLANDS.

### HOW DO YOU KEEP IT FROM SPREADING?

THE MMR OR MMRV VACCINE IS THE MOST EFFECTIVE METHOD. TWO DOSES OF THE VACCINE ARE RECOMMENDED, ALTHOUGH DURING AN OUTBREAK, A THIRD VACCINE MAY BE RECOMMENDED.

### EXCLUSIONS:

EXCLUDE FROM THE GROUP SETTING FOR 5 DAYS AFTER THE ONSET OF SWELLING.

