

PUBLIC HEALTH FACT SHEET



Department of Health & Human Services

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Mumps

What is Mumps?

Mumps is a viral illness that occurs most frequently in winter and spring. It causes swollen glands, especially in the face and neck.

Who can get Mumps?

Anyone who has not had a confirmed case of mumps (mostly people born after 1956) and who have not been given a live mumps vaccine.

What are the symptoms of Mumps?

- Painfully swollen glands of the face and neck
- Fever
- Headache
- Earache

How long after exposure do symptoms first begin?

Usually 18 days.

How is it spread?

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

How long is the person contagious?

Greatest two days before swelling begins. As long as seven days before until nine days after swelling begins.

Are there complications?

Recovery is usually complete. However, one in four teenage or adult males may have painful swelling of the testicles which sometimes leads to sterility. Mumps can cause swollen ovaries and breasts in teenage or adult females. Mumps infections during the first three months of pregnancy may cause the loss of the unborn baby.

Is there a treatment for Mumps?

Keep quiet, comfortable and at home until nine days after the swelling is gone. Mumps must be reported to the local health department.

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How can Mumps be prevented?

Mumps can be prevented by vaccination:

- All healthy children should be vaccinated at 12-15 months with the live combination shot for measles, mumps and rubella (MMR).
- A MMR booster is required after four years of age.
- Pregnant women should not get the live vaccine and all women of childbearing age should keep out of contact with those who have Mumps.
- Be sure to keep a record of all immunizations. Write down when the shots were given.

What if Mumps occurs at school or a day care center?

All cases must be reported to your local health department within 24 hours. People born after 1956 who cannot prove that they have had:

1) Mumps

or

2) Live Mumps vaccine after 12 months of age and a booster done at least one month later, should get the Mumps vaccine. Otherwise, they will be excluded from school/day care until at least two weeks after the beginning of the last mumps case.

For more information on Mumps, call (248) 858-1406 or toll free 1 (800) 848-5533.

For additional copies, visit our website at www.oakgov.com/health or contact:

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