



Mumps

What is Mumps?

Mumps is a vaccine preventable infectious viral disease that can be serious. The virus can spread to multiple tissues and can cause swelling of the salivary glands, pancreas, testes, ovaries, brain and spinal cord. Most cases occur in late winter and spring, but the disease has been reported throughout the year.

People who are exposed to mumps don't get sick right away, it can take 2 to 4 weeks to begin showing symptoms. More serious complications include swelling of the brain.

How is Mumps spread?

Infection can occur by breathing in droplets projected into the air by a person with mumps virus, or by direct contact with the saliva of an infected person. Mumps is contagious with or without symptoms, generally 1-2 days before swelling begins. Contagiousness continues up to 8 days after onset of swelling of the glands in the neck and face.

Infection can be spread by things like spending time indoors with someone who is coughing, sneezing or talking. Sharing items that have saliva like water bottles or cups can also lead to spreading mumps.

If diagnosed with mumps, you should stay home until 8 days after the onset of swelling.

How is Mumps treated?

- There is no specific cure for mumps, however symptom management is recommended.
- See a physician for treatment of symptoms.
- Control fever.
- Maintain rest as needed.
- Encourage fluid intake.
- The infected person should be excluded from work/school/play.

How can Mumps be prevented?

- Mumps is a vaccine preventable disease.
- Two doses of mumps vaccine combined with measles and rubella (MMR) are recommended.
- In Michigan, all children entering school must have two doses of MMR vaccine given at the recommended intervals.
- After the mumps vaccination program started in 1967, the United States has seen a 99% decrease in mumps cases.

Symptoms of Mumps:

- Generally, symptoms appear 16-18 days (with a range of 12-25 days) following exposure.
- Fever up to 103, headache, muscle aches, tiredness, loss of appetite, swollen glands under ear or jaw on one or both sides of neck.
- Swelling of the neck can last up to one week.
- Some infections occur without noticeable symptoms except a slight rise in temperature for a few days.

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Source: www.cdc.gov

CDC Public Information

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