

Mumps Fact Sheet

What is Mumps?

Mumps is viral disease often associated with fever, swelling and tenderness of one or more of the salivary glands.

How does mumps spread?

Mumps spreads from person to person via droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes, or talks. The virus may also be spread indirectly when someone with mumps touches items or surfaces without washing their hands and then someone else touches the same surface and rubs their mouth or nose.

How long is a person with mumps contagious?

People with mumps are most contagious from two days before until five days after their glands start swelling.

How long does it take to show signs of mumps after being exposed?

The incubation period of mumps is usually 16–18 days, but can range from 12–25 days.

What are the symptoms?

The most common symptoms include: fever, headache, muscle aches, tiredness, loss of appetite, and swollen and tender salivary glands under the ears on one or both sides (parotitis). Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease.

How is it diagnosed?

Mumps is diagnosed by a combination of symptoms and physical signs and laboratory confirmation of the virus, as not all cases develop characteristic parotitis and not all cases of parotitis are caused by mumps.

How serious is mumps?

In children, mumps is usually a mild disease. Adults may have more serious disease and more complications.

What are possible complications from mumps?

- Inflammation of the testicles (orchitis) in males who have reached puberty; rarely does this lead to fertility problems
- Inflammation of the brain (encephalitis)
- Inflammation of the tissue covering the brain and spinal cord (meningitis)
- Inflammation of the ovaries (oophoritis) and/or breasts (mastitis) in females who have reached puberty
- Deafness

How is Mumps treated?

There is no cure, only supportive treatment (bed rest, fluids, and fever reduction).

How can you prevent Mumps?

The single most effective control measure is maintaining the highest possible level of immunization in the community. Protect your children by having them vaccinated when they are 12-15 months old, and again when they are about to enter kindergarten. Mumps vaccine is usually given in a shot called MMR, which protects against measles, mumps and rubella.

Are there any other health regulations associated to mumps?

Yes, individuals with mumps and those that have not received a MMR vaccine may be excluded from school and/or daycare if the disease is present in the community.

State regulations also require any student entering a Kansas school to have proof of at least 2 doses of mumps vaccine or to have written evidence of physician diagnosed mumps or blood test results proving they are immune. All children, who are ≥ 15 months and attending a child care facility, family day care home or preschool or child care program operated by a school, are required by law to have proof of 1 dose of MMR vaccine.

Where can I get more information?

Visit www.cdc.gov or call your local health

This fact sheet is for information only and is not intended for self-diagnosis or as a substitute for consultation. If you have any questions about the disease described above or think that you may have an infection, consult with your healthcare provider.