



Fact Sheet: Mumps

What is Mumps?

Mumps is a viral disease that usually affects children age 5-10 years, although teens and adults can also become infected. The disease has its highest occurrence in late winter, spring, and early summer months. Most adults born before 1957 have been infected naturally and are probably immune.

What are the symptoms?

- About 1/3 of people who are infected with the mumps virus have no symptoms.
- Symptoms first occur with facial pain when eating, and include swollen glands in face and neck.
- Parotitis – an inflammation of the parotid salivary glands anterior to and below the ears
- Fever, headache, earache, or muscle aches.
- Swelling usually goes away in about ten days.

Symptoms first appear 12 to 26 days after exposure. Call your doctor if you suspect your child has mumps. A blood test may be ordered to confirm that the illness is mumps.

How is it spread?

The virus is spread by direct contact with droplets through coughing and sneezing. The virus can be most easily spread during the 48 hours before symptoms begin.

What are the serious complications of mumps?

Mumps in young adult males (and older) can result in a condition called orchitis. This is when one or both testicles become inflamed, enlarged and painful. Orchitis may result in a decreased sperm count and even infertility.

Mumps may also lead to **encephalitis** or **meningitis** (inflammation of the brain tissue or the lining of the central nervous system).

How is it treated?

- A child may be contagious as long as 7 days before swelling begins and usually 5 days after the swelling appears.
- If the doctor confirms mumps then keep your child away from others until the swelling and fever is gone since some children have not been immunized.
- Rest; drink plenty of fluids (i.e., water or juice).
- Tylenol can be used to reduce fever and discomfort. **Aspirin should not be used in children with viral illnesses since there have been cases associated with the development of Reye Syndrome.**

How is it prevented?

The best way to prevent mumps is to be vaccinated against it. The vaccine is given in combination with the measles and rubella vaccines, known as MMR vaccine. Two (2) MMR injections are needed to be completely immunized. Teenagers and adults who do not know if they are protected against mumps should ask their doctor or clinic about the MMR vaccine.

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information call your health care provider 257-3612.

Visit our website at: www.gchd.us or the Centers for Disease Control & Prevention at: www.cdc.gov

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