

MUMPS

PERSONAL HEALTH FACT SHEET

What is Mumps?

Mumps is a vaccine preventable infectious viral disease. 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.

How is it spread?

Infection can occur by breathing in droplets projected into the air by a person with mumps, or by direct contact with the saliva of an infected person. Mumps is communicable 1-2 days before and up to 9 days after onset of swelling.

How is it treated?

- Treatment is symptomatic.
- Physicians may recommend use of acetaminophen to control fever.
- Maintain rest as needed.
- Encourage fluid intake.
- Infected person should be excluded from work/school/day care for 9 days after swelling onset.

How can we prevent Mumps?

- Mumps is a vaccine preventable disease.
- Two doses of mumps vaccine combined with measles and rubella (MMR) is recommended.
- The initial MMR is given at 12-15 months of age, & the second dose is given at school entry (age 4-6).
- In Michigan, all new school enterers must have 2 doses of MMR.

SYMPTOMS OF MUMPS

- Symptoms range from mild to severe.
- Some infections occur without noticeable symptoms except a slight rise in temperature for a few days.
- More severe infections include headache, fever up to 103 degrees for 3-4 days, swelling of the glands in neck and face on one or both sides, sensitivity to light.
- Swelling of the neck can last up to one week.
- Generally, the interval from exposure to the appearance of symptoms is 16-18 days (with a range of 12-25 days).

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