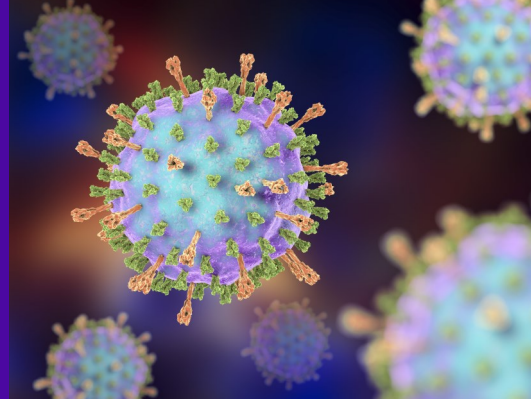


MUMPS



Mumps is a disease that is caused by the mumps virus. It causes the glands in and around your mouth that produce saliva (salivary glands) to swell. This swelling can lead to painful, puffy cheeks, and swelling in the jaw under the ears. Some patients have trouble swallowing. Mumps disease can lead to deafness, infection of the brain and spinal cord (meningitis), painful swelling of the testicles or ovaries and breasts, and in rare cases can lead to people being unable to have children.

How is it spread?



- ▶ Mumps is a virus that can travel through the air on saliva droplets. An infected person can spread the virus by talking, coughing, sneezing, or sharing cups or dishes with other people.
- ▶ A person may be sick with mumps and not even know it. Even if a person does not show symptoms, they can spread the disease to other people.
- ▶ A person can spread the disease up to five days after the start of having symptoms.

What are the signs and symptoms?



- ▶ Sore salivary glands around the jaw
- ▶ Headache
- ▶ Tiredness
- ▶ Loss of appetite
- ▶ Muscle aches

How can mumps be prevented?



- ▶ The best way to avoid getting sick from mumps is to get vaccinated against the virus.
- ▶ The MMR vaccine protects against mumps, measles, and rubella.
- ▶ Two doses of the vaccine are needed for best protection. The first dose should be given at 12 through 15 months of age, and the second dose at 4 through 6 years of age.
- ▶ Children and pre-teens may also get the MMRV combination vaccine, which also protects against varicella (chickenpox). This vaccine is only for children who are 12 months through 12 years of age.

Teens and adults should also be up to date on their mumps vaccination. Be sure to talk with your health care provider about being vaccinated against mumps!

For more information on the vaccine, please visit: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mmr.pdf>

BUREAU OF COMMUNICABLE DISEASES

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