

MUMPS

Frequently Asked Questions (FAQ)

What is mumps?

Mumps is a vaccine-preventable illness that is caused by the mumps virus.



What are the symptoms?

Symptoms of mumps include swollen salivary glands (parotitis), fever, headache, muscle aches, tiredness, and loss of appetite. These symptoms start 12-25 days after a person is exposed to the virus. Most people with mumps get better within 7-10 days. However, some persons may have mumps complications including: inflammation of the testicles (orchitis) in males who have reached puberty, inflammation of the ovaries (oophoritis) and/or breast (mastitis) in females who have reached puberty, meningitis and deafness.

How does mumps spread?

Mumps is spread when a sick person coughs, sneezes or talks. Individuals with mumps can spread the virus from 2 days before until 5 days after they develop parotitis.

Who is at risk of developing mumps?

Individuals who have not had two doses of the Measles, Mumps, and Rubella (MMR) vaccine or have not had mumps disease are at higher risk for getting the illness. There have been recent outbreaks among college students.

How is mumps diagnosed and treated?

Laboratory tests are the only sure way to diagnose mumps. There is no specific treatment. Individuals who are ill with mumps should get plenty of rest, drink fluids and take medication to relieve symptoms of mumps like headache and muscle aches.

What should I do if I think I have mumps?

If you have signs and symptoms of mumps it is important to stay home for five days from the start of symptoms, especially parotitis, so that you won't spread the virus to others. Contact your doctor if symptoms continue or more serious complications begin.

How is mumps prevented?

The best way to prevent mumps is to get two doses of the MMR vaccine. Vaccine is usually given to infants 12-15 months old and again to children between 4-6 years of age. Anyone who has not been vaccinated should get the MMR vaccine. Even if you have already received two doses, a third MMR can be given to those at-risk during an outbreak.

Mumps can also be prevented by these actions:

- Have person's ill with mumps stay home from school / work for 5 days after their glands swell and avoid close contact with household contacts / roommates.
- Always cover your mouth and nose with a tissue or your sleeve when you sneeze and cough.
- Wash your hands with soap or alcohol-based hand sanitizers, especially before eating or touching your face.
- Do not share drinking glasses or eating utensils with others.

* For more information about mumps, please visit the following resource:

<https://www.cdc.gov/mumps/>

For more information:

- Contact your doctor.
- Refer to <http://www.phila.gov/Health/>
- Contact the Philadelphia Department of Public Health, Division of Disease Control at 215-685-6740.

