



MUMPS FACT SHEET

Mumps is a viral illness that is uncommon in children who have been vaccinated.

What are the symptoms?

♦Fever ♦Headache ♦Earache ♦Muscle ache ♦Loss of appetite

- These symptoms are followed by swelling of one or both of the largest *salivary* glands (called *parotid* glands). These are located below the ears at the jaw-line. In teen boys, painful swelling of the testicles may occur. In females, swelling of the ovaries may cause abdominal pain.
- Symptoms usually begin 16 to 18 days after being exposed and infected (range 12-25 days)
- Infection during pregnancy can harm an unborn fetus.
- Rarely, mumps can lead to meningitis (brain infection), deafness, joint inflammation and kidney problems.

How is it spread?

- Through direct contact with respiratory droplets (such as coughing, sneezing).
- From surfaces of items (e.g. toys) if a person with the virus touches them before washing hands.
- More common during late winter and early spring.
- It is infectious beginning 3 days before symptoms begin until 9 days after the start of symptoms.

How is it diagnosed?

- If Mumps is suspected, the physician should be told prior to the appointment. This avoids possible transmission of the disease in the doctor's waiting room. A laboratory test and examination can confirm Mumps.

Treatment and Prevention

- There is no specific treatment for the disease, but the symptoms can be relieved.
- Vaccination of 2 doses of MMR at least 28 days apart is the most effective method of prevention. Adverse reactions to the vaccine are rare.
- Wash hands well and often with soap, teach children to wash their hands too.
- Do not share eating utensils and clean commonly used surface (toys, doorknobs, tables, counters, etc.) with cleaner.

School Management

- Notify local Public Health Department if there is a case of Mumps at school
- Children and adolescents should be excluded from school for 5- 9 days from the onset of salivary (Parotid) gland swelling, as per local public health department.
- After exposing an unvaccinated person, mumps vaccine is not effective in protecting that person.
- Exclude exposed children from school, if they have not been immunized. Continue to exclude unvaccinated persons until the health department determines it is safe to return (can be as long as a month after last case).
- Notification of families of students should be done in concert with local public health department and the District's Nursing and Wellness Program Office.