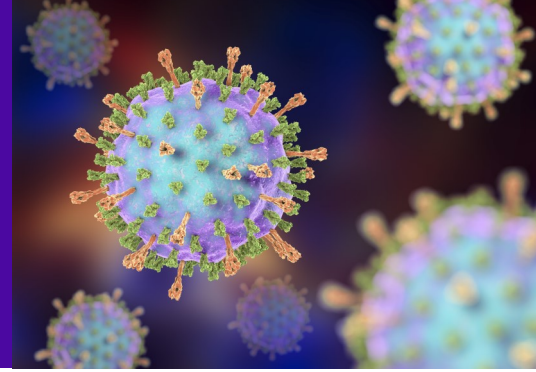


# MUMPS



Mumps is a contagious 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. Mumps used to be a very common childhood disease. After the mumps vaccine became available in 1967, the number of cases reduced significantly. However, mumps outbreaks still occur in places where there is close human contact, such as schools and college campuses.

## How is it spread?



- ▶ The mumps virus spreads from person to person through respiratory droplets. Someone who is sick 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 know it. Even if a person does not have symptoms, they can spread the disease to other people.

## What are the signs and symptoms?



- ▶ Mumps is best known for the puffy cheeks and tender, swollen jaw that it causes.
- ▶ Other symptoms include:
  - ▶ Headache
  - ▶ Loss of appetite
  - ▶ Tiredness
  - ▶ Muscle aches
  - ▶ Fever

## How is it diagnosed and treated?



- ▶ Mumps is diagnosed through laboratory testing of the blood, saliva, or other bodily fluids.
- ▶ A treatment to specifically treat mumps does not exist. The disease must run its course and usually goes away on its own within a couple of weeks.
- ▶ Ice or heat can be used to ease swelling, and acetaminophen and ibuprofen can be used to bring down a fever and help with pain.

## How can it be prevented?



- ▶ **The MMR (measles-mumps-rubella) vaccine is the best way to prevent the disease.**
- ▶ Children usually receive two doses of the MMR vaccine as part of the childhood immunization schedule. They receive the first dose at 12 to 15 months and a second dose at 4 to 6 years.
- ▶ Children and pre-teens may also get the MMRV combination vaccine which also protects against varicella (chickenpox).

