

# MUMPS

## PERSONAL HEALTH FACT SHEET

### *What is Mumps?*

*Mumps is an infectious viral disease. It causes localized swelling of one or more of the salivary glands and occasional involvement of other glandular structures such as the testes in the male. Most cases occur in late winter and early spring.*

### **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 can recommend use of acetaminophen to control fever.
- ▶ Maintain rest as needed.
- ▶ Encourage fluid intake.
- ▶ Infected persons 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) are recommended.
- ▶ The initial MMR is given at 12-15 months of age and 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 for 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 12-25 days.



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