

## Mumps Information & Tips

### WHAT IS MUMPS?



Mumps is a contagious disease caused by a virus. It can be dangerous and usually leads to puffy cheeks and a swollen jaw.

### MUMPS OFTEN CAUSES THESE SYMPTOMS FOR ABOUT 7-10 DAYS:

- Fever
  - Headache
  - Muscle aches
  - Tiredness
  - Loss of appetite
  - Swollen glands under the ears or jaw
- Severe symptoms can include:
- Inflammation of the testicles and breast; pancreas; brain (encephalitis), and spinal cord (meningitis).
  - Deafness
  - Infertility

Some people do not have symptoms or may feel sick but do not have swollen glands.

### HOW IT SPREADS:

Mumps spreads through saliva or respiratory droplets.



COUGHING, SNEEZING, OR TALKING



SHARING ITEMS THAT HAVE SALIVA ON THEM, LIKE CUPS



CLOSE CONTACT ACTIVITIES, LIKE SPORTS OR KISSING



TOUCHING A SURFACE THAT HAS A VIRUS ON IT

Mumps may spread two days before the saliva glands start to get swollen until five days after the swelling starts.

### WHAT ELSE SHOULD I KNOW?

- ▶ The measles, mumps, and rubella (MMR) vaccine is safe and effective at protecting against these viruses.
- ▶ The MMR vaccine will not prevent mumps sickness if you are already infected.
- ▶ Contact your health care provider if you think you may have the mumps.

### PREVENTING MUMPS

Children need two doses of MMR vaccine:

- **First dose:** 12 through 15 months
- **Second dose:** 4 through 6 years old

▶ Adults who haven't already received a dose should get at least one shot. Talk to your health care provider to see what options are available for you.