

## Mumps Fact Sheet

1. **What is mumps?** - Mumps is an acute viral disease characterized by fever, swelling and tenderness of one or more of the salivary glands lasting at least 2 days. Mumps is more common during winter and spring.
2. **Who gets mumps?** - Although older people may contract the disease, mumps usually occurs in children between the ages of five and 15 years. In children, mumps is usually a mild disease. Adults may have a more serious disease and more complications.
3. **How is mumps spread?** - Mumps spreads from person to person via droplets of saliva and discharges from the nose and throat of infected individuals, usually when the person coughs, sneezes or talks. Mumps is less contagious than measles or chickenpox.
4. **What are the symptoms of mumps?** - Symptoms of mumps include fever, headache, muscle aches, tiredness, loss of appetite, swollen and tender salivary glands, one or both usually the parotid salivary gland (located just below the front of the ear/jaw). Approximately one-third of infected people do not exhibit symptoms.
5. **How soon after infection do symptoms occur?** - The incubation period is usually 16 to 18 days, although it may vary from 12 to 25 days.
6. **What complications have been associated with mumps?** - Mumps can cause central nervous system involvement such as meningitis (inflammation of the covering of the brain and spinal column) with headache and stiff neck. Swelling of the testicles is the most common complication in post-pubertal males. Other mumps complications include ovarian swelling in post-pubertal females, pancreatitis and deafness.
7. **When and for how long is a person able to spread mumps?** - Mumps is contagious three days prior to and five days after the onset of symptoms.
8. **Does past infection with mumps make a person immune?** - Yes. Immunity acquired after contracting the disease is usually permanent.
9. **Is there a vaccine for mumps?** - Yes. Mumps vaccine is given on or after a child's first birthday, with a second dose at 4 to 6 years of age. It is usually administered in combination with measles and rubella vaccine (MMR), or with measles, rubella (german measles), and varicella (chickenpox) vaccines (MMRV).
10. **What can be done to prevent the spread of mumps?** - The single most effective control measure is maintaining the highest possible level of immunization in the community. Children should not attend school during their infectious period.
11. **For more information about mumps:**  
<http://www.cdc.gov/mumps/about/index.html>

<http://www.cdc.gov/mumps/about/mumps-facts.html>

This fact sheet provides general information. Please contact your physician for specific clinical information related to you.