

Mumps is an acute viral disease characterized by fever, swelling and tenderness of one or more of the salivary glands.

## Symptoms

- The symptoms of mumps include fever, headache and swelling and tenderness of one or more of the salivary glands located close to the jaw (cheek).
- Approximately one-third of infected people do not exhibit symptoms.

## Transmission

- Mumps is spread when an infected person coughs or sneezes and sends the mumps virus into the air.
- The virus can land in other people's noses or throats when they breathe or put their fingers in their mouth or nose after handling an infected surface.

## Treatment

- Acetaminophen (Tylenol) can be used to reduce the discomfort and fever.

## Prevention

- The single most effective preventative measure is to receive the Mumps vaccine. It is given on or after a child's first birthday, and is given in combination with the measles and rubella vaccine.
- The MMR vaccine is highly effective and usually produces lifelong immunity against mumps.
- Children with mumps should not attend school during their infectious period (3 days before symptoms appear to 4 days after).

## Additional Information

Although older people may contract the disease, mumps usually occurs in children between the ages of 5 and 15. Mumps occurs less regularly than other common childhood communicable diseases. The greatest risk of infection occurs among older children. Mumps is more common during winter and spring.

**All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.**

