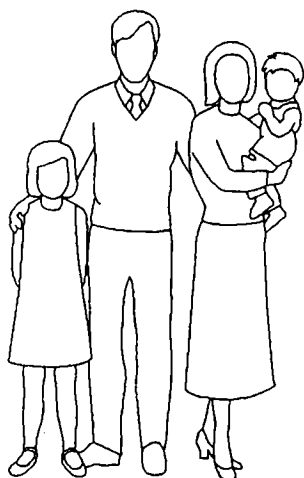




# Just the Facts

57-009-0394

## ...About Mumps



Mumps is an acute disease characterized by fever, swelling and tenderness of the salivary glands. Mumps is now very uncommon, although in recent years 4,500 to 13,000 cases of mumps have been reported yearly in the United States, and outbreaks still occur.

The infection children have is usually very mild. Some may seem completely normal and not even have swollen glands. Others may have swollen glands at the jawline on one or both sides of the face. Sometimes the child's testicles, joints, kidneys, and the lining of the brain are mildly affected. Mumps may cause deafness. The infection is usually much more severe in adults. A blood test is required for a physician to make the diagnosis.

Mumps spread from person to person through the air or by direct contact with the saliva of an infected person. People with mumps may spread the virus up to 7 days before the glands start to swell until as long as 9 days later. It takes about 2 to 3 weeks to come down with mumps after being in contact with someone who has the disease.

Everyone not previously vaccinated against mumps should receive the vaccine at 15 months of age. Although the vaccine will not necessarily prevent mumps if given at the time of exposure, the vaccine will prevent the disease the next time the person is exposed to the infection.

There is no treatment for mumps. Since the infection is caused by a virus, antibiotics have no effect.

### THINGS PARENTS CAN DO

- ◆ If you or your child have been in contact with someone with mumps, check immunization records to see if you and your child have had the mumps or the measles, mumps, rubella (MMR) vaccine.
- ◆ If your child has not had the mumps or MMR vaccine and is 1 year of age or older, contact your physician or Preventive Medicine Service to have your child vaccinated as soon as possible.
- ◆ If you think your child has mumps, contact your physician. The physician can suggest ways to make your child feel better.
- ◆ If your child has mumps, he or she should not return to the child care facility until at least 9 days after the swollen glands first appear and until a physician clears your child to return. In some cases, your child may return sooner if the illness is mild and if your child is feeling well enough to take part in the activities.

**You can prevent mumps by immunization.**

- ◆ **Child Care Facilities**
- ◆ **Information**
- ◆ **Immunization**

For additional information contact your local health consultant or health care provider.