

Mumps

What you should know.

What is mumps?

Mumps is a disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness and a loss of appetite. You may develop swollen cheeks or jaw.

Most people with mumps get well in a few weeks. Some people may have a mild illness or may not even know they have the disease.

Sometimes mumps can cause serious health problems like swelling of the brain or deafness. Some boys and men may develop swelling and pain in their testicles. Women and girls can have pain in their ovaries.



How does mumps spread?

You can spread mumps when you cough, sneeze, or spray saliva while talking. It can spread when you share cups, spoons, forks, baby bottles and other utensils. Mumps can spread if someone with mumps visits a place where many people gather.

Who is more likely to get mumps?

- Children 1 year and older who have not received at least 1 dose of mumps vaccine (MMR vaccine).
- Babies less than 1 year old as they are too young to get the vaccine.
- Adults born in or after 1957 who have not been vaccinated or have not had mumps before.
- Anyone who is part of a group where an outbreak occurs. For example, an outbreak on a college campus.

How can you prevent mumps?

- Get mumps vaccine (included in the MMR vaccine).
- Stay away from anyone who has mumps.
- Wash your hands often with soap and water.
- Don't share cups, spoons, forks, baby bottles and other utensils.

What to do if you think you have mumps.

- Call your doctor if you or your child has signs of mumps: fever, headache, muscle aches, tiredness, loss of appetite, and swollen cheeks or jaw.
- Stay home and away from other people until you can see a doctor. This includes staying away from family as much as possible, so they don't get sick.

Adapted from Public Health - Seattle & King County

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Visit tpchd.org/mumps for more info.