



MUMPS FACT SHEET

WHAT IS MUMPS?

Mumps is caused by a virus. In children, mumps is usually a mild disease. Adults may have more serious disease and more complications. Due to good immunization coverage, mumps is now rare in the United States.

HOW DO YOU GET MUMPS?

People with mumps are usually considered most infectious from a few days before until 5 days after the salivary gland swelling begins. An infected person can spread the virus by:

Coughing, sneezing, or talking,

Sharing items, such as cups or eating utensils, with others, and

Touching objects or surfaces with unwashed hands that are then touched by others.

SYMPTOMS

Mumps is best known for puffy cheeks and a swollen jaw which is a result of the swollen salivary glands. The most common symptoms include: fever, headache, muscle aches, tiredness, loss of appetite, and swollen and tender salivary glands under the ears on one or both sides. Some people who get mumps have very mild or no symptoms. Symptoms typically appear 16-18 days after infection.

TREATMENT

There is no specific treatment for mumps. Treatment focuses on symptom relief. Most people with mumps recover completely in a few weeks. Discuss treatment options with your doctor.

PREVENTION

- The best way to prevent Mumps is to get the MMR vaccine. This protects against three diseases: measles, mumps, and rubella.
- Cover your mouth and nose with a tissue when you cough or sneeze
- Wash your hands often with soap and water.
- Avoid sharing drinks or eating utensils.
- Disinfect frequently touched surfaces such as toys, doorknobs, tables, and counters.

DPHD EFFORTS

The Delaware Public Health District (DPHD) offers the MMR vaccine. Please call (740) 203-2040 to schedule an appointment. Reports of suspected and confirmed cases of disease are made to the DPHD. The DPHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.