

## Mumps Information Sheet

### What is mumps?

Mumps is a viral illness that can cause fever, body aches, headaches, fatigue, swelling of the salivary glands or pain with chewing or swallowing. About a third of people who contract the mumps virus do not develop any symptoms.

### What causes mumps?

Mumps is caused by a virus.

### How does mumps spread?

Mumps spreads from person to person through droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes, or talks. The virus may also be spread indirectly when someone with mumps touches items or surfaces without washing their hands and then someone else touches the same surface and rubs their mouth or nose. Mumps is less contagious than measles or chickenpox.

### When can mumps be spread?

A person with mumps is most contagious before symptoms even appear. People with mumps are usually contagious from two days before to five days after they develop symptoms.

### How long does it take to show signs of mumps after being exposed?

Symptoms usually occur 14 to 18 days after infection. The time between infection and illness can be as short as 12 days or as long as 25 days.

### What are signs and symptoms of mumps?

Mumps is best known for the puffy cheeks and swollen jaw that it causes. This is a result of swollen salivary glands.

The most common symptoms include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears on one or both sides (parotitis)

### Can I get mumps if I received the vaccine?

Yes, for every 100 people who are vaccinated, 80 to 90 people are fully protected, but 10 to 20 are at risk for disease. Outbreaks have shown that about 10 to 15 percent of people who receive the mumps vaccine will still get mumps.

### What to do if you think you may have mumps.

If you think you may have mumps, contact your Employee Health Department or make an appointment to see your family physician. If you develop symptoms of mumps, please **stay home** from work, school, sports and all public gatherings for five days after symptoms start. You should seek medical care to be properly diagnosed.

### What to do if you think you may have been around someone sick with mumps.

If you think you have been exposed to mumps, contact Employee Health as soon as possible. They can help assess you and answer any questions.

### What if I have additional questions?

- You can read more about mumps at <http://www.cdc.gov/mumps/index.html>
- You may contact your Infection Preventionist