

Mumps

Fact Sheet



What is mumps?

Mumps is a viral illness that infects the salivary glands, causing pain and swelling around the jaw, cheeks, and throat.

Symptoms

Symptoms usually appear 2-4 weeks after an exposure. Illness typically starts with:

- **Fever**
- **Headache, muscle aches**
- **Tiredness**
- **Loss of appetite**
- **Swelling of the parotid glands** occurs on one or both sides of the face
- Swelling usually goes away in about 10 days. In males, sometimes a symptom is painful swelling in one or both testicles
- Some people with mumps have mild or no symptoms

Prevention

While MMR vaccination provides protection for most people, immunity against mumps may decrease over time. 1 dose of MMR vaccine is 72% effective against mumps, and 2 doses are 86% effective. **Vaccinated persons who contract mumps generally have mild symptoms and are less likely to spread the virus. Talk to your doctor about vaccination.**

How is it spread?

The virus spreads through close contact or respiratory droplets from a person with mumps. **A person with mumps can spread the virus to others from 2 days before their salivary glands swell until 5 days after.**

Treatment

There is no specific treatment for mumps. **Use non-aspirin medications to treat fever in children.** Adults may have a more serious infection than children. Severe cases of mumps can lead to inflammation of the brain or pancreas, and can cause deafness. **If you are exposed to mumps:** call your doctor as soon as possible to discuss immunity and eligibility for treatment.

