

Mumps Fact Sheet

What is it?

Mumps is a contagious disease caused by a virus. **Mumps is commonly known for puffy cheeks, swollen neck and glands.** These swollen glands can be painful. Although mumps infection is rare, outbreaks do happen in unvaccinated communities and serious complications may occur.



How does it spread?

Mumps spreads through direct contact with fluids from the mouth or nose of someone who is sick. **A person sick with mumps can pass the virus to others by coughing, sneezing, talking, and sharing items that have saliva on them, such as water bottles, cups and eating utensils.** A person can spread mumps to others before they start showing signs of being sick.



What are the symptoms?

Mumps is commonly known for the puffy cheeks and swollen jaw it causes. Symptoms usually appear 12-25 days after being infected. Some people have mild symptoms or no symptoms at all. However, other signs can be mistaken for the flu, which include:

- High fever (104° F / 40° C)
- Muscle aches
- Headache
- Tiredness
- Not feeling hungry



People sick with mumps typically get better within 2 weeks. **In rare cases, mumps can cause breathing issues and hearing loss in children under 5 years old.** Other possible complications include swelling of the brain, pancreas, testicles in boys and ovaries in girls. **Testicle swelling in boys has been linked to infertility later in life.**



How can I protect my child?

Mumps can be prevented with the measles, mumps and rubella (MMR) vaccine. People who don't have their vaccines are more likely to get sick with mumps. **The**

MMR vaccine has been carefully studied by scientists and is both safe and effective. No studies have found a link between the MMR vaccine and autism.

Two (2) doses of MMR are needed for the most protection. The first dose is given at age 12-15 months, and the second dose is given at age 4-6 years. Check that your child is up to date on vaccines, as **2 doses of the MMR vaccine is up to 86% effective in preventing mumps.**



Mumps is still common in other parts of the world and can be brought to the United States (U.S.) by unvaccinated travelers. **Even if your family is not traveling outside of the U.S., it is still important to get the MMR vaccine.**

When should I ask a doctor?

Contact your doctor if your child starts to show signs of mumps or has been around someone with mumps. **Since mumps can cause complications in the pancreas for both boys and girls, and ovaries in girls, contact your doctor right away if your child develops stomach pain.** Other infections, like the flu, have similar symptoms, so it is important to be diagnosed quickly.

Since mumps can easily spread from person-to-person, your doctor will make special arrangements to evaluate your child. During the exam, the doctor will ask about symptoms and if your child has been vaccinated. The doctor may take a blood or saliva sample to test for mumps.



If your child does get sick with mumps, stay home to prevent further spread. **There is no treatment for mumps, but the symptoms can be managed at home.** Your child's doctor can recommend medications and remedies to help treat mumps.



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