



Mumps

What causes it?

Mumps is a virus that is spread person to person through coughing and sneezing, or with direct contact with the saliva (spit) of the infected person. The virus can grow in the nose, throat and lymph nodes.

What are the symptoms?

Symptoms may include fever, headache, muscle aches, tiredness and loss of appetite, followed by swelling of salivary glands. The parotid salivary glands (which are located within your cheeks, near your jaw line, below your ears) are most often affected.

How is it diagnosed?

A health care provider can diagnose mumps. Lab testing may be required.

How is it treated?

There is no specific treatment.

How is it prevented?

Immunizations are the best preventive method against mumps. The immunization is called MMR, which stands for Measles-Mumps-Rubella. Covering your mouth and nose when coughing or sneezing can reduce the spread of the virus. Frequent hand washing is also recommended.

Why get vaccinated?

Mumps can lead to deafness, meningitis (infection of the brain and the spinal cord covering) or painful swelling of the testicles or ovaries. In rare cases, mumps can lead to death.

School/Child Care Attendance:

Any person who has mumps should not go to school, childcare or work for five days after the onset of swelling of the salivary glands.

Free language assistance is available upon request.

For more information, contact the Guilford County Department of Health and Human Services, Public Health Division at 336-641-7777 or www.guilfordcountync.gov