



Mumps

What is the mumps?

Mumps is an infection of the glands that produce saliva. It is caused by a virus.

What are the symptoms of mumps?

People with mumps may have a fever, headache, muscle aches, and swelling of the glands close to the jaw. People with very severe cases (complications) of mumps may have swelling of the testicles or ovaries, meningitis (swelling of the membranes around the brain or spinal cord), encephalitis (swelling/inflammation of the brain), swelling or inflammation of the pancreas, miscarriages, or deafness.

How do people get mumps?

Mumps is spread by coughing and sneezing. It is about as contagious as the flu or rubella, but not as contagious as measles or chicken pox. A person with mumps is usually contagious (can give it to other people) from about 3 days before symptoms begin until about 4 days after that, although the virus can sometimes be found in saliva as early as 7 days before symptoms and as late as 9 days after.

Can mumps be prevented?

Mumps vaccine, which is part of the MMR (Measles, Mumps & Rubella) vaccination that is regularly given to children, can prevent this disease.

Should I get this vaccine?

As an adult, you do NOT need the measles, mumps, rubella vaccine (MMR) if:

- You had blood tests that show you are immune to measles, mumps, and rubella.
- You are a man born before 1957.
- You are a woman born before 1957 who is sure she is not having more children, has already had rubella vaccine, or has had a positive rubella test.
- You already had two doses of MMR *or* one dose of MMR plus a second dose of measles vaccine.
- You already had one dose of MMR *and* are not at high risk of measles exposure.

As an adult, you SHOULD get the measles vaccine if you are not among the categories listed above, and:

- You are a college student, trade school student, or other student beyond high school.
- You work in a hospital or other medical facility.
- You travel internationally, or are a passenger on a cruise ship.
- You are a woman of childbearing age.

Where can I find more information on mumps?

Visit the National Center for Disease Control and Prevention (CDC) Web site:

<http://www.cdc.gov/nip/diseases/mumps/vac-chart.htm>

CDC published an MMWR (“Monthly Morbidity and Mortality Weekly Report”) on mumps in Iowa on March 30, 2006:

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm55d330a1.htm?s_cid=mm55d330a1_e

The Kansas City, Mo., Health Department has also issued a “Health Alert Network” notice:

<http://www.kcmo.org/health/pdf/HAN040706.pdf>