



MUMPS

What is mumps?

Mumps is an infectious disease caused by a virus known as paramyxovirus.

Who gets mumps?

Infection can occur throughout childhood. During adulthood, infection is likely to produce more severe disease.

How is mumps spread?

Mumps is spread by direct contact with infected saliva or via respiratory tract secretions or by urine.

What are the symptoms of mumps?

Although mumps does not usually cause serious long-term problems, the acute symptoms, such as severe swelling of the salivary glands under the jawbone (parotitis), can be uncomfortable. Nonspecific symptoms such as low-grade fever, headache, body ache, muscle ache, and loss of appetite are common. Swelling of the testicles (orchitis) is a common complication after puberty.

How soon do symptoms appear?

It usually takes about 16 to 18 days for a person to notice the symptoms (incubation period). It may as short as 12 days or as long as 25 days. The infectious period is considered to be three days before to the fourth day of active disease, although the virus has been isolated from the saliva seven days before to nine days after onset of parotid swelling. Maximum infectiousness occurs about 48 hours before onset of swelling. Chemical agents, heat, and ultraviolet light rapidly inactivate the virus.

Should an infected person be excluded from work or school?

Yes, children and adults should be excluded from work or school five days after onset of parotitis. Exclude susceptible contacts (those who are not immunized) from school or the workplace from the 12th through the 25th day after exposure if they are present.

What is the treatment for mumps?

Mumps is caused by a virus; therefore, antibiotics are not effective. Most children and adults recover from an uncomplicated case of mumps within a few weeks. The best way to decrease a child's risk of getting mumps is the mumps vaccine.



Frequently Asked Questions

What can a person or community do to prevent the spread of mumps?

Mumps is vaccine preventable. Cases should be isolated during infectious period as defined above. Adults born before 1957 are considered immune. The mumps vaccine is administered as part of the MMR (measles, mumps, rubella) vaccine series given to children at 12 to 15 months of age and again at 4 to 6 years of age or 11 to 12 years of age. All susceptible individuals without contraindications should be immunized. High-risk susceptible individuals such as pregnant women and immunocompromised individuals and those without proven immunity should be identified and isolated for the period of communicability.

Resources

Centers for Disease Control and Prevention, <https://www.cdc.gov/mumps/>