Mumps

What is mumps?
Mumps is a highly communicable, vaccine-preventable disease.

What are the symptoms of mumps?
Symptoms of the mumps usually include:
- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swelling of the salivary glands

How soon do symptoms appear after infection occurs?
Symptoms occur anywhere from 12 to 25 days from infection.

How long are the mumps contagious?
The infectious period, or time that an infected person can transmit mumps to a non-infected person, is from three days before symptoms appear to about nine days after the symptoms appear.

How is mumps spread?
The virus resides in the mucus in the nose and throat of the infected person. When that person sneezes or coughs, droplets spray into the air. The infected mucus can land in other people's noses or throats when they breathe or put their fingers in their mouth or nose after touching an infected surface.

How is mumps treated?
Because mumps is caused by a virus, there is not a prescription treatment available. Rest and time will cure most infected persons.

Who should get the mumps (MMR) vaccine and when is it recommended?
- First dose of MMR is recommended at 12-15 months of age.
- Second dose of MMR is recommended at four to six years of age.
- Persons born before 1957 are considered immune.
- Persons born after 1957 who have not had the disease nor had any MMR vaccine, should be vaccinated at least once.
- Adults and children can receive the MMR vaccine.

How can you prevent the mumps?
The best way to prevent mumps is to be vaccinated against it. Mumps vaccines can be obtained from the Sedgwick County Health Department.

Transmission of illness can be reduced by good hand washing habits and avoiding sharing drinking and eating utensils.

For More Information:
Contact the Sedgwick County Health Department Epidemiology Office at 316-660-7392 or visit the Sedgwick County website at
www.sedgwickcounty.org.