



MUMPS

What is mumps?

Mumps is a contagious viral infection that can be prevented by vaccine.

What are the symptoms?

Symptoms include fever, headache, muscle aches, tiredness, loss of appetite; followed by painful swelling and tenderness of one or both salivary glands (near your jaw line, below your ears). Symptoms can begin 12 to 25 days following exposure to the mumps virus. About 20% to 30% of people with mumps will have no symptoms but can still spread the infection.

What are the possible complications?

- Meningitis (swelling of the brain and spinal cord with headache and/or stiff neck)
- Orchitis (swelling of one or both testicles); rarely leads to sterility
- Oophoritis (swelling of the ovaries)
- Pregnant women may be at risk of miscarriage, if not immune and infected during the first trimester; there is no evidence that mumps causes birth defects
- Hearing loss in one or both ears (may be permanent)
- Pancreatitis (usually mild)

How is it spread?

Mumps is spread from person to person by droplets of saliva or mucus from the mouth, nose, or throat when an infected person coughs, sneezes, or talks. Infection can also be spread by kissing, or by sharing drinking and eating utensils (cups, straws, pop cans etc.). The virus can live on surfaces. Touching a surface contaminated by the mumps virus and then touching your nose or mouth can cause infection. Mumps is highly contagious. A person can be infectious 7 days before to 5 days after the salivary glands begin to swell.

How to Reduce the Spread of Mumps?

- A person with mumps should stay home; not go to school, day care or work for at least 5 days after the swollen glands first appear. A person may return to school, work, or day care on day 6. Try not to have close contact with other people living in your house.
- Clean your hands often with soap and water for at least 15 seconds; teach children to wash their hands. If soap and water are not available an alcohol based hand rub with 70% alcohol can be used.

<http://www.phac-aspc.gc.ca/im/vpd-mev/mumps-eng.php>

Centers for Disease Control and Prevention. Fast facts about mumps. Available from:

<http://www.cdc.gov/mumps/about/mumps-facts.html>

- Cough and sneeze into a Kleenex or sleeve. Throw away the Kleenex right after using it and clean your hands. If you don't have a Kleenex, sneeze into your elbow, not your hands.
- Avoid touching your eyes, nose and mouth.
- Do not share eating or drinking utensils, or any object that has touched the mouth or nose of a person with mumps.
- Clean frequently touched surfaces often, using soap and water or cleaning wipes (e.g. doorknobs, toys, counters, light switches, etc.).
- Stay home if you have a fever or "cold-like" symptoms.

What is recommended?

- Mumps can be prevented by immunization. Two mumps-containing vaccines are recommended. The first is given as MMR (Measles, Mumps & Rubella) on or after the first birthday. The second is given as MMRV (Measles, Mumps, Rubella & Varicella) at 4-6 years of age. People who have not received mumps-containing vaccines should speak to a doctor.
- Lab tests are needed for a mumps diagnosis; there is no treatment for mumps.
- Phone your doctor or walk-in clinic if you think you or a family member has mumps. **Do not show up at your doctor's or walk-in clinic without calling ahead.**

**For more information contact Public Health Services at 905-540-6636,
Monday through Friday, 9:00 a.m. to 4:00 p.m.**