

MUMPS



WHAT IS MUMPS?

- Mumps is an acute viral illness that can be prevented by vaccination.
- Mumps was a common illness in infants, children and adolescents but due to routine vaccination there are now very few cases.

WHAT ARE THE SYMPTOMS?

Symptoms can include:

- Painful swelling of one of both salivary glands (located within your cheek, near your jaw line, below your ears) which is called parotitis.
- Fever
- Headache
- Muscle aches and pains
- Tiredness
- Loss of appetite.
- Up to 20% of persons infected with mumps do not have symptoms.

HOW IS IT SPREAD?

- Mumps can spread from person-to-person through droplets from the mouth or nose.
- The virus can also stay alive on surfaces. Touching these surfaces and touching your nose or mouth can result in infection.
- Once you come into contact with mumps, it takes 14-25 days for symptoms to develop.
- It is contagious 3 days before to 9 days after symptoms develop.

WHAT CAN PARENTS DO?

- There is no treatment but it can be prevented with immunization. Children received 2 MMR (measles, mumps, rubella) immunizations, and adults who travel may need an additional immunization.
- Contact your physician if you or your child is experiencing the symptoms described above. Please call ahead and let the health care provider know you are coming and that you suspect mumps. The health care provider can then take precautions in their office.
- If your child has mumps he or she should not return to the child-care facility/daycare until at least 9 days after the onset of symptoms.

FOR MORE INFORMATION

Contact the Health Unit at 1-800-660-5853 or visit www.healthunit.org

Source: Canadian Pediatric Society
Ministry of Health and Long-Term Care, October 2006