



Mumps

(Infectious Parotitis)

What is mumps?

Mumps is a highly contagious, vaccine-preventable disease caused by infection with a virus. Infection with the mumps virus results in tenderness and swelling of the salivary glands in the cheeks and neck.

Who is at risk for mumps?

Anyone can get mumps, but the greatest risk of infection occurs among unvaccinated school-age children. Due to high immunization rates, the number of cases of mumps has declined significantly in the United States.

What are the symptoms of mumps?

- Swollen glands in front of and below the ear or under the jaw (parotitis)
- Fever
- Headache
- Earache
- Possible painful swelling of the testicles in men (orchitis)
- Possible swelling of the ovaries in women, which may cause abdominal pain
- Possible complications such as meningitis, deafness and inflammation of joints
- Possible miscarriage

How soon do symptoms appear?

The symptoms usually start 16 to 18 days after infection with the virus, but the onset can range from 12 to 25 days.

How is mumps spread?

Mumps is spread by direct contact with mouth or nose secretions.

When and for how long is a person able to spread the disease?

A person is able to spread the illness usually from one to two days before to nine days after swelling of the glands. Some people can be contagious up to a week before the swelling of the glands.

How is a person diagnosed?

Laboratory testing generally is needed to diagnose mumps.

What is the treatment?

Currently, there is no specific treatment for mumps. Management of patients with mumps consists mainly of ensuring adequate intake of water and food, bed rest, and fever control.

Does past infection make a person immune?

Yes, a person develops lifelong protection after having the disease once.

Should children or others be excluded from child care, school, work or other activities if they have mumps?

Yes. A person with mumps should not be allowed to attend child care, school or work for five days after the onset of symptoms. The contagious period can extend from one week before onset of symptoms to about nine days after onset. A person with mumps is most contagious 48 hours before symptoms start.

What can be done to prevent the spread of mumps?

1. All children between 12 months and 15 months of age should be vaccinated with the first dose of MMR (measles, mumps and rubella vaccine). One dose of mumps containing vaccine is about 95 percent effective in preventing illness. A booster dose of MMR is recommended at 4 to 6 years of age. A combination vaccine is also available (MMRV), which protects against measles, mumps, rubella and chickenpox. Children are required to be age-appropriately immunized against mumps in order to attend early childhood facilities and schools in North Dakota.
2. The immunization status of all children and staff at schools or early childhood facilities should be reviewed.
3. During mumps outbreaks, exposed children and staff who have not been immunized should be excluded until they are vaccinated, or, if they refuse vaccination, they should continue to be excluded until the North Dakota Department of Health determines it is safe for them to return.

Additional Information

Additional information is available at www.ndhealth.gov/disease or by calling the North Dakota Department of Health at 800.472.2180.

This disease is a reportable condition. As mandated by North Dakota law, any incidence of this disease shall be reported to the North Dakota Department of Health.

Resource: American Academy of Pediatrics. Mumps. In: Pickering LK, ed. *Red Book: 2009 Report of the Committee on Infectious Diseases*. 28th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2009: 468-472.

