Mumps Infection

Mumps is a highly contagious viral illness that can cause painful swelling of the salivary glands, especially the parotid glands (between the ear and the jaw).

Signs and Symptoms

Mumps is best known for the puffy cheeks and swollen jaw that it causes.

Symptoms may include:
- Swelling and pain in the jaw. One or both cheeks may look swollen.
- Fever.
- Headache, earache, sore throat, and pain when you swallow or open your mouth.
- Tiredness, with aching in the muscles and joints.
- Poor appetite.

It usually takes 2 to 3 weeks for symptoms to begin after you have been exposed. This is called the incubation period. Some people who are infected with the mumps virus don't develop any symptoms. Most people with symptoms typically recover in approximately 10 days.

When Is a Person Contagious?

Mumps is usually considered most infectious from 5 days before and until 5 days after the onset of swelling in the salivary glands.

Therefore, CDC recommends isolating mumps patients for 5 days after their glands begin to swell.

Transmission

Mumps is spread by an infected persons through saliva or mucus from the mouth, nose, and throat. Common activities that can transmit the virus:
- Coughing, sneezing, or talking.
- Sharing items, such as cups or eating utensils, with others.
- Touching objects or surfaces with unwashed hands that are then touched by others.

What If You Are Exposed?

1. If you have received 2 doses of MMR vaccinations with the second dose given at least 4 weeks (28 days) after the first dose:
   - You are considered fully vaccinated. Two doses of MMR vaccine are 88% effective at preventing mumps.
2. If you have not been vaccinated against mumps:
   - Initiating MMR vaccinations is highly recommended.
   - Unfortunately, the vaccine will not help prevent illness if you have already been infected with this exposure.
   - Since infected individuals do not begin to show signs or symptoms until 2-3 weeks after exposure, the MMR vaccines will protect you in the event that you have not been infected and provide protection against future exposures.
   - If you have been infected with mumps during this exposure and initiated MMR vaccinations, it will not impact your health.

Prevention — The best way to prevent mumps is to get vaccinated!

College adults are at HIGH RISK and require 2 doses of MMR 4 weeks apart.

Self-Care at Home

There are no specific treatments or cure for mumps. There are steps that can make the illness more tolerable.
- Getting plenty of rest.
- Drink plenty of fluids to help avoid dehydration.
- A humidifier or vaporizer to ease the cough.
- Pain relievers and fever reducers, such as acetaminophen or ibuprofen, can help with symptoms when used according to directions.
- If someone in your household has mumps, take these precautions to protect vulnerable family and friends:
  - Isolation. Because mumps is highly contagious, people with mumps should not return to activities in which they interact with other people during this period.
  - It may also be necessary to keep non-immunized people away from the infected person.

Complications

Mumps can occasionally cause complications in adults:
- Inflammation of the ovaries and/or breasts in females.
- Inflammation of the testicles in males.
- Inflammation of the brain (encephalitis).
- Inflammation of the tissue covering the brain and spinal cord (meningitis).
- Deafness.

If you have symptoms, such as a stiff neck, severe headache, painful testicles, or severe belly pain: call UMKC Student Health and Wellness or your Primary Care Provider right away!!

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