

# Mumps Disease

## What is mumps disease?

- Mumps is a contagious disease caused by a virus.
- Mumps is best known for causing puffy cheeks and swollen jaws.
- The virus spreads and affects multiple areas in the body, especially in adults.

## What are the symptoms of mumps?

- Symptoms usually appear 16-18 days (sometimes up to 25 days) after you are infected with the virus.
- Most common symptoms include:
  - Fever
  - Headache
  - Muscle aches
  - Tiredness
  - Loss of appetite
  - Swollen and tender salivary glands under the ears on one or both sides (parotitis)
- Some patients may experience very mild or no symptoms at all.
- The most common complications from mumps affect the brain, testicles (in males), and ovaries (in females).

## How does mumps spread?

- Mumps is spread from person-to-person.
- It spreads through saliva or mucus from the mouth, nose, or throat of an infected person when they:
  - Coughs, sneezes, or talks
  - Shares their used drinking and eating cups, plates, spoons, forks, or knives
  - Touches items or surfaces without washing their hands, and then someone else touches those same surfaces and then touches their mouth or nose.
- Mumps spreads before the salivary glands begin to swell and up to five days after the swelling begins.

## What is best way to prevent getting the mumps?

- The best prevention is receiving the MMR (measles, mumps, and rubella) vaccine, but no vaccine is 100% effective.
- Cover your cough.
- Wash your hands.
- Stay home if ill.

## Where can I find more information about mumps disease?

- Ask your doctor or call your local county health department.
- Email the Alabama Department of Public Health, Immunization Division, at [immunization@adph.state.al.us](mailto:immunization@adph.state.al.us)
- Go to [cdc.gov](http://cdc.gov) and type 'mumps disease' in the SEARCH box.



Alabama Department of Public Health

Immunization Division, 201 Monroe St, Montgomery, AL 36104

1-800-469-4599 [www.adph.org/imm](http://www.adph.org/imm) 2/29/16

# Mumps Vaccine

## Who should get mumps vaccine?

- Mump vaccine is only available in measles, mumps, and rubella (MMR) vaccine.
- Infants and children should get 2 doses.
- Students in post-high school education should get 2 doses.
- Adult born after 1956 should get 1 dose.
- Women of childbearing age should get 1 dose before getting pregnant.
- Healthcare staff should get 2 doses.
- International travelers should be up-to-date for MMR before traveling.

## Who should not get MMR vaccine?

- Anyone who has had a life-threatening reaction to neomycin, any component of MMR vaccine, or to a previous dose.
- Anyone sick on the day of vaccination should wait until they are well, unless minor illness.
- Pregnant women should not get MMR vaccine.
- Anyone who has immunocompromised issues.

## What are the vaccine side effects and risks?

- Getting MMR vaccine is much safer than getting measles, mumps or rubella disease.
- The risk of MMR vaccine causing serious harm, or death, is extremely small.
- A vaccine, like any medicine, is capable of causing side effects or a severe allergic reaction.
- Mild problems usually occur 6-14 days after vaccine include:
  - Soreness where the shot was given
  - Fever
  - Mild rash
- Moderate problems include:
  - Seizures caused by fever
  - Temporary pain or stiffness in the joints
  - Temporary low platelet count
- Severe problems are so very rare, it hard to tell if MMR vaccine caused them:
  - Serious allergic reaction, deafness, long-term seizures, coma, and lowered consciousness, and permanent brain damage.

## Where can I find more information about mumps disease or mumps vaccine?

- Ask your doctor or contact your local county health department.
- Email the Alabama Department of Public Health, Immunization Division, at [Immunization@adph.state.al.us](mailto:Immunization@adph.state.al.us).
- Go to [cdc.gov](http://cdc.gov) and type in 'mumps vaccine' in the SEARCH box.



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