

# Mumps

## What is Mumps?

Mumps is a disease caused by the mumps virus. It most commonly causes swelling of one or more of the salivary glands, usually the parotid glands, causing parotitis.

## What are the symptoms of Mumps?

Symptoms of mumps include:

- Painful swelling of one or both salivary glands (located in your cheek, near your jaw line, below your ears)
- Fever
- Headache
- Muscle aches and pains
- Tiredness
- Loss of appetite

## What are the complications of Mumps?

Complications of mumps include:

- Inflammation of the brain and spinal cord (meningitis)
- Swelling of the testicles (orchitis) or ovaries (oophoritis)
- Pancreatitis
- Hearing loss

Pregnant women who become infected with mumps during the first trimester of pregnancy are at risk of miscarriage.

## How is Mumps spread?

Mumps is a contagious disease that is spread from person-to-person through saliva or droplets from the mouth or nose of an infected person. It is spread through sneezing, coughing, kissing or sharing items such as food, drinks, cigarettes, water bottles, musical instruments, toys (that may have been in the mouth), etc.

Once you come into contact with the mumps virus, it takes from 14 to 25 days for symptoms to develop.

A person with mumps is able to spread infection from 7 days before to 5 days after symptoms develop.

## Is there treatment for Mumps?

There is no specific treatment for mumps. Acetaminophen as well as hot or cold compresses may relieve the pain in the salivary glands.

## How can Mumps be prevented?

Yes. The best way to protect yourself is to get the mumps vaccine provided free in Ontario. The MMR vaccine protects against 3 diseases: measles, mumps and rubella). The first dose of MMR must be given on or after the first birthday. The second dose is given as a combined MMRV (measles, mumps, rubella and varicella or chickenpox) vaccine at 4-6 years of age; before starting school. Adults born before 1970 may have had mumps and are probably immune.

Those born between 1970 and 1992 in Ontario may have only received one dose of MMR vaccine. A second dose is recommended for:

- Young adults (18-25 years)
- Post-secondary students
- People who received measles vaccine in 1967–1970
- Health care workers
- People who plan to travel internationally.

It is also important to wash your hands well and often, avoid sharing glasses and utensils, and cover your mouth and nose when coughing or sneezing.

## What should I do if I think I have Mumps?

If you have symptoms of mumps, visit your doctor as soon as possible. Call your doctor's office first to let them know that you are coming and you suspect that you have mumps. This will allow the doctor to take precautions in the office to protect other patients.

Since other viruses or bacteria can cause symptoms similar to mumps, the doctor will do some testing on blood, saliva, throat and/or urine samples to confirm mumps.

**For further information, please call your doctor or Peel Public Health at 905-799-7700.**