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# Mumps

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## ***What is mumps?***

- A disease caused by a virus.

## ***How does a person get mumps?***

- The virus is spread by direct contact with airborne droplets from the nose and throat of an infected person.
- It can also be spread by direct contact with the saliva of an infected person by sharing drinking cups or utensils.
- Mumps is infectious for 1 week before to 9 days after onset of swelling.

## ***What are the signs and symptoms?***

- Symptoms occur 14 to 25 days after a person has been infected with the virus.
- Symptoms include fever and swollen, tender glands at the sides of the cheeks and under the jaw in front of the ears. The swelling lasts longer than 2 days and usually disappears in about one week.

- Teenage and adult men can also have swollen and tender testicles.
- A blood test is available to confirm the diagnosis.

## ***How is mumps treated?***

- There is no specific treatment.

## ***How is mumps prevented?***

- Vaccine is available as part of the measles/mumps/rubella vaccine and is effective in preventing this disease.
- Avoid close contact with anyone who has mumps infection.
- Those who have had contact with a case of mumps should notify Public Health Services.
- Do not attend daycare, school or place of work for 9 days after the onset of swelling.

## ***Quick Facts***

- preventable by immunization
- swollen glands can be a symptom of other conditions

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For more information contact your doctor  
or Population and Public Health at **306-655-4612**

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