

FACT SHEET

Mumps

What is Mumps?

Mumps is a vaccine preventable infectious viral disease. The virus can spread to many different tissues and can cause swelling of the salivary glands, pancreas, testes, ovaries, brain, and spinal cord. Serious complications can occur.

How is it spread?

Mumps is spread by direct contact with the saliva or respiratory droplets from the mouth, nose, or throat of an infected person. Droplets can be produced by coughing, sneezing, or talking. Sharing items with saliva on them, like cups or water bottles, can also spread the disease.

What are the symptoms?

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Puffy cheeks and tender, swollen jaw due to swollen salivary glands under the ears

How is it prevented?

Mumps is vaccine preventable. Mumps vaccination is usually given as part of a combination vaccine for measles, mumps, and rubella (MMR). It is a two-dose series that is effective in preventing the disease.

How is it treated?

There is no specific treatment or cure for Mumps. Doctors may recommend medication to control fever and discomfort. Adequate rest and fluid intake can be helpful.

Please note, children with a viral illness should not receive salicylates (such as aspirin) because of the risk of developing Reye Syndrome.

This fact sheet is for informational purposes only and is not intended for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.