

## *What You Need to Know*

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### **What is mumps?**

Mumps is a contagious viral infection that affects the salivary glands. Mumps is no longer very common in the United States, but cases do still occur since mumps remains a common disease in many other parts of the world.

### **Who can get mumps?**

Anyone born after 1957 (and has therefore not been exposed to the virus) and who has not received a Measles-Mumps-Rubella (MMR) vaccine is at risk of being infected with mumps.

### **What are the symptoms of mumps?**

Symptoms usually begin 16-18 days after infection, though some people with mumps may have mild or no symptoms.

- Painfully swollen glands on the face and neck (parotitis)
- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite

### **Are there complications with mumps?**

Most people with mumps recover completely within 2 weeks. Rarely, mumps can cause complications (more commonly in adults). These may include:

- Inflammation of the testicles (which may lead to a decrease in testicular size, or temporary sterility or decrease fertility)
- Inflammation of the ovaries and/or breast tissue
- Inflammation in the pancreas
- Inflammation of the brain (which can lead to death or permanent disability)
- Swelling or inflammation of the tissue covering the brain and spinal cord
- Temporary or permanent hearing loss
- Miscarriage (increased risk of pregnancy loss during the first 12 weeks of pregnancy)

### **How is mumps spread?**

Mumps is easily spread by saliva or mucus from the nose, throat and mouth. A person with mumps can spread the virus by:

- Talking, coughing and sneezing
- Sharing cups and utensils

- Touching objects or surfaces with unwashed hands that are then touched by others

## How long is a person contagious with mumps?

Persons with mumps are most infectious 2 days before swelling appears and up to 5 days after swelling begins. During this time, they should stay home from work or school and stay in a separate room if possible.

## How can mumps be prevented?

Mumps can be prevented with the MMR (Measles-Mumps-Rubella) vaccine.

- The MMR vaccine is a 2-dose series.
  - All healthy children should receive the first MMR vaccine at 12-15 months of age
  - A second MMR vaccine is usually given at 4-6 years of age; however, it can be given as early as 28 days after the first dose.
  - If you do not have a record of two MMR vaccines, unsure if you have been vaccinated, or unsure if you have had mumps in the past, contact your health care provider.
- Pregnant women should not get the MMR vaccine. Women should avoid getting pregnant for at least 1 month after getting MMR vaccine.

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