

# Mumps

## 1. What is mumps?

Mumps is a contagious disease (spread to other people) that is caused by a virus (germ). It causes swelling of the glands below the ear and around the jaw. Mumps is a rare disease, but clusters of cases have been seen recently in LA County. Getting vaccinated is the best way to prevent mumps.

## 2. What are the symptoms of mumps?

Symptoms usually occur 16-18 days after infection. These symptoms can last for up to 10 days. Some people who get mumps have mild or no symptoms at all. The most common symptom are puffy cheeks and a swollen jaw.

Other symptoms include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen glands under the ears

In some cases, women can have inflammation (swelling) of the ovaries or breasts and men can experience testicular inflammation. Contact a doctor right away if you think you may have mumps.

## 3. How does mumps spread?

Mumps is contagious. The virus spreads through saliva or mucus from the mouth, nose, or throat. It can be spread when:

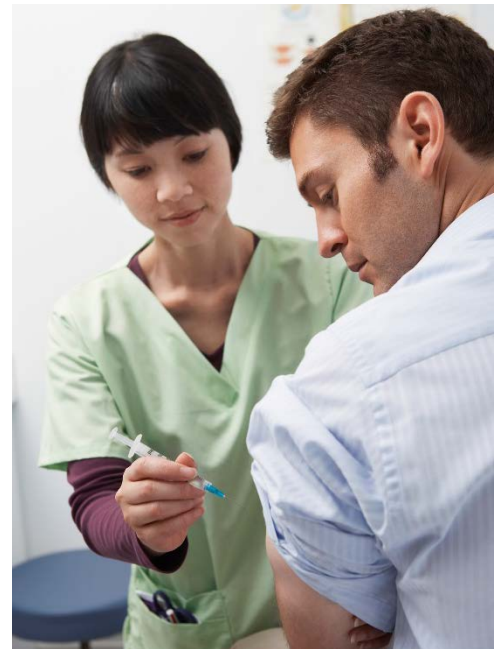
- Coughing or sneezing
- Sharing items like cups, forks, or other eating utensils
- Touching contaminated surfaces like kitchen countertops

## 4. How do you treat mumps?

There is no medicine for mumps. Recommended treatment is bed rest, fluids and medicine for reducing fever. Mumps usually goes away a few weeks after infection. In adults, mumps can become very serious. If you think you have mumps, contact a doctor right away.

## 5. How can mumps be prevented?

The best way to prevent mumps is to get vaccinated. The vaccine is safe and effective. Anyone who hasn't been vaccinated or had the disease, should get two doses of the mumps-containing vaccine. Children should get their first dose at 12 months of age and a second dose at 4-6 years of age.



### Key Points:

- Mumps is a contagious disease caused by a virus.
- Mumps cause puffy cheeks and swelling of glands below the ears and around the jaw.
- Vaccination is the best way to prevent getting or spreading mumps. Call 2-1-1 (County Info Line) to find a free or low cost provider in your area.

### For more information:

Los Angeles County,  
Department of Public Health  
<http://publichealth.lacounty.gov/ip/DiseaseSpecific/Mumps.htm>

Centers for Disease Control and  
Prevention (CDC)  
<https://www.cdc.gov/mumps/index.html>