



# PUBLIC FACT SHEET

## MUMPS

### What is the mumps?

Mumps is usually a mild disease and is caused by a virus.

### How is mumps spread?

Mumps may be spread through the following ways:

- Droplets of the nose and throat of people with the mumps
- Contact with items that have these infected droplets on them

### What are possible symptoms?

Symptoms may include:

- Swelling and tenderness of the glands located in front of and below the ears.
- Fever and chills
- Headache
- For males, swelling and tenderness of one or both testicles.

### How is mumps diagnosed?

By examination and a blood test.

### What is the treatment for mumps?

- There is not a treatment for mumps. Those who have mumps must stay home from work or school for 9 days after the swelling started.
- Tylenol can be used for fever or pain. Eating soft foods can also help decrease pain.

### How can mumps be prevented?

Mumps vaccine is given to 12-15 month olds and again at 4-5 years of age as part of the MMR vaccine. Two doses of vaccine are 90% effective at preventing mumps disease. Adults born before 1957 are considered to be immune.

### For more information on mumps:

Ottawa County Health Department  
[www.miOttawa.org](http://www.miOttawa.org)  
Center for Disease Control and Prevention  
(Enter CDC Website Here)  
Phone: (888) 246-2675