

Mumps

Mumps is an illness caused by a virus. It usually leads to swollen parotid glands in the face, which are the largest salivary glands. They're located around the cheeks, jaw, and under the chin. This can cause the cheeks to puff out. Sometimes one side of the face can be more swollen than the other.

You can catch mumps from someone who already has it. Mumps is spread by contact with an infected person's spit (saliva) through:

- Sharing foods or drinks.
- Coughing or sneezing near you.
- Direct contact by kissing.
- Touching a surface where drops of saliva or mucus have been left.

Signs and Symptoms

Symptoms occur about 2 to 3 weeks after being exposed to mumps. One in 5 people with mumps show no signs or symptoms. Symptoms can be:

- Fever
- Puffy-looking cheeks
- Headache
- Pain with chewing or swallowing
- Tiredness
- Swollen salivary glands
- Earache
- Swelling of the testicles – one or both
- Muscle aches
- Swollen ovaries that cause belly pain
- Uncommon complications include hearing loss, brain inflammation, swelling of breasts

Prevention

Mumps was more common before the measles, mumps, and rubella (MMR) vaccine was developed. The MMR vaccine is the only way to prevent mumps.

- Children should get the first vaccine dose near their first birthday (12 to 15 months old).

- They should get their second dose before they start kindergarten (4 to 6 years old).
- There are times when a child should not get the MMR vaccine. Talk to your child's health care provider before getting them vaccinated.

Treatment

There is no cure for mumps. Antibiotics **cannot** treat viral infections like mumps. The infection should pass on its own in 1 to 2 weeks. Treatment is used to relieve symptoms. These can be done at home:

- Drink a lot of fluids and rest.
- Use a warm or cold compress on swollen glands for pain relief.
- For discomfort, give your child over-the-counter pain medicines, like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®). Ask your child's doctor or health care provider before giving them pain medicine.
- **DO NOT GIVE YOUR CHILD ASPIRIN.**

When to Keep Your Child Home

- Keep your child home for 5 days after the swelling has started.
- They should not return to childcare or school until their doctor or health care provider says it is safe.
- They should not take part in school activities until they feel better.

When to Call the Doctor

Call your child's doctor or health care provider if they:

- Have a temperature over 100.4° Fahrenheit (F) or 38° Celsius (C) – under 6 months old.
- Have a temperature over 102° F (38.9° C) – over 6 months old.
- Develop belly pain with nausea and vomiting.
- Develop swollen testicles.
- Become very sleepy or not acting like themselves.
- Have mumps symptoms that haven't gone away after 2 weeks.

If you have any more questions, ask your child's doctor or health care provider.

Call 911 for emergency help if your child has a seizure.