

## **MUMPS** **Reportable Disease**

### **CAUSE**

Mumps virus

### **SYMPTOMS**

Most common: swollen glands in front of and below the ear, headache, low-grade fever, and earache. Up to 30% of all people infected with the mumps virus have no symptoms. Orchitis (swelling of the testicles) is a common symptom in males after puberty. Rarely, swelling of the spinal cord and brain (encephalomyelitis), swelling of the meninges (meningitis), inflammation of the ovaries (oophoritis) or breasts (mastitis), and deafness may occur. Serious problems from mumps are more common among adults than children.

### **SPREAD**

When a person with mumps sneezes or coughs tiny droplets with mumps virus into the air and another person breathes them in or by touching secretions from the nose and throat of an infected person and then touching your eyes, nose, or mouth. Other examples of how the virus can be spread is through sharing toys, beverage containers, eating utensils, and smoking materials (cigarettes), and kissing.

### **INCUBATION** (time from exposure to onset of symptoms)

12 to 25 days, usually 16-18 days

### **CONTAGIOUS PERIOD**

Virus has been isolated from saliva from 7 days before until 9 days after swelling begins. Individual is most contagious 48 hours before and 5 days after the swelling begins. Asymptomatic infections can be communicable.

### **EXCLUSION**

Child care and School: Until 5 days after onset of swelling. Exclude unvaccinated children and staff if two or more cases of mumps occur. Call Communicable Disease Programs at 925-313-6740 for more details.

### **DIAGNOSIS**

Swollen glands can be found with other illnesses. A blood test specific for mumps antibody should be done about 3 to 5 days after the swelling begins. Sometimes, healthcare providers will obtain a second blood test 2 to 3 weeks later.

### **TREATMENT**

None

### **PREVENTION/CONTROL**

- The best way to prevent Mumps is vaccination. Mumps vaccine is combined with measles and rubella vaccine (MMR). The first dose is at age 12-15 months and the second is at age 4-6 years. Two doses or a personal belief exemption are required for kindergarten and seventh grade enrollment.
- Unvaccinated people who have been exposed to mumps should call their healthcare provider or local public health clinic as soon as possible to be vaccinated.
- Encourage parents/guardians to notify their child care provider or school when their child is vaccinated so their records can be updated.

- Recommend staff stay home if they develop symptoms of mumps. Encourage parents/guardians to keep their child home if they develop symptoms of mumps.
- Cover your nose and mouth with a tissue when coughing or sneezing, or cough/sneeze into your sleeve. Dispose of used tissues.
- DO NOT allow sharing of beverage containers, eating utensils, smoking materials (cigarettes, cigars, snuff, pipes, etc.), toothbrushes, lip gloss, lip balm, and lipstick.
- Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth.

For more information please contact Contra Costa Public Health at 925-313-6740 and visit our website at <http://cchealth.org/mumps/>