

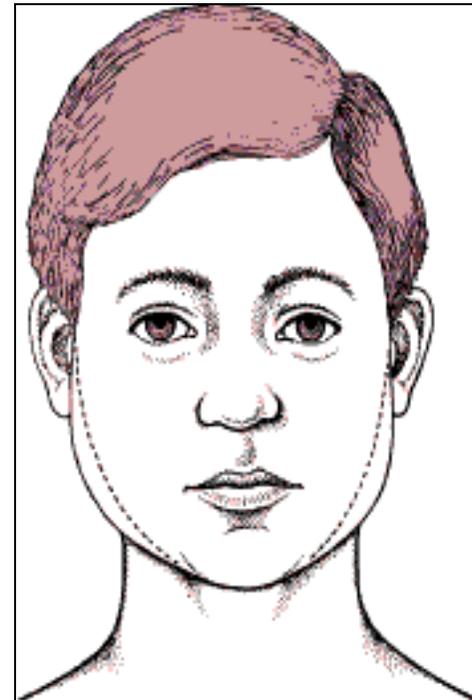
Between 2 – 6 weeks after the illness, a swab may be taken from the mouth of the infected person. This is to confirm if it was a definite case mumps. Your GP will be informed of the results.

For more information about **Mumps** contact:

*The Community Infection Control Nurse at your
local Primary Care Trust (PCT)
or your local Health Protection Unit
or
<http://www.hpa.org.uk/topics>*



HPA North West



Mumps

INFORMATION LEAFLET

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What is Mumps?

Mumps is an infection caused by a virus (germ) called a paramyxovirus.

What are the symptoms?

Symptoms include:

- Fever
- Headache
- Swelling and tenderness of glands in one or both sides of the neck (called parotitis)
- Running nose and eyes, sore throat and ears – particularly in young children

Occasionally more serious complications of mumps infection can occur. These include:

- A mild form of meningitis (inflammation of the layers surrounding the brain)
- Ear infections which can lead to hearing impairment
- Swelling and tenderness of the testicles in adult men (orchitis), and inflammation of the ovaries (oophoritis) in women, though it is very rare for these to cause serious complications such as infertility
- Pancreatitis – inflammation of the pancreas.

Who does it affect?

ANYONE - who has not developed natural immunity or has not been vaccinated against mumps.

How do you get mumps?

You catch mumps by being in close contact with someone who already has the infection. The virus is passed in the secretions of the infected person's nose and throat and is spread by their sneezing and coughing. Also, it is possible to catch mumps from direct contact with

articles which have been contaminated by the saliva of an infected person e.g. hankies.

How do you prevent mumps?

- **By immunisation** - there is a safe and effective vaccine, which protects against mumps. It is one of the "M" components in MMR vaccine and a child needs two doses of this vaccine, one at 13 - 15 months and another dose pre-school.
- Protection can be life long.
- If a child or young adult has not received 2 doses of MMR vaccine, this can be given at any age.
- By avoiding close personal contact with a person with mumps if you are at risk. Because mumps vaccine is a "live" vaccine, it is not recommended that children who have a weakened immune system e.g. because of medication or chemotherapy, should be vaccinated so these children are particularly vulnerable and should avoid contact whenever possible.

Do you need to stay off school/work?

YES. Mumps is infectious for 2 – 7 days before the facial swelling first occurs and for approximately 9 - 10 days after the appearance of the symptoms. General advice is to stay off school or work for at least **5 days after symptoms first develop.**

The incubation period (the time between infection and the onset of symptoms) is between 14 – 21 days.

Do you need treatment?

There is no specific treatment for mumps but an appropriate medicine to help bring down a high temperature may be used (**DO NOT USE ASPIRIN IN CHILDREN UNDER 16 YEARS**).