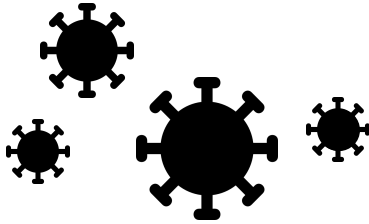
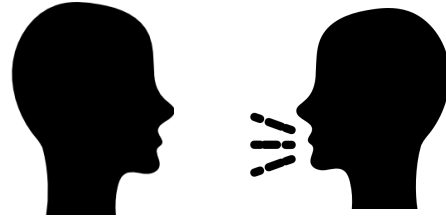


Mumps

Fact Sheet



Mumps is a disease caused by the mumps virus.



Mumps spreads when an infected person coughs or sneezes or when a person touches a contaminated surface and then rubs their eyes, nose, or mouth.

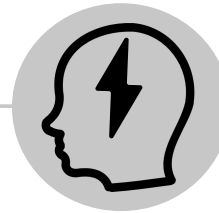
Signs and Symptoms



Swollen Glands



Fever



Headache



Muscle Aches

The most common signs and symptoms are fever, headache, muscle aches, tiredness, and loss of appetite, followed by swollen and tender glands (puffy cheeks) under the ears on one or both sides. About half of people who get mumps have mild or no signs and symptoms. Complications include redness and swelling of the testicles in males, swelling of the ovaries in females, swelling of the brain or membrane covering the spinal cord, loss of pregnancy, and permanent hearing loss.

Signs and symptoms often start 16-18 days after exposure, but can range from 12 -25 days. Mumps can be spread several days before gland swelling begins to 5 days after. A person should isolate for 5 days after gland swelling starts.

Prevention



- Getting the vaccine for mumps (usually called MMR) is the best way to prevent mumps.
- Talk to your healthcare provider to make sure you are up-to-date on vaccines.



- Wash hands with soap
- Do not share eating utensils
- Clean shared surfaces often

There is no specific treatment for mumps.

For More Information, Visit:



1. www.maine.gov/dhhs/mumps
2. www.cdc.gov/mumps

You can also call Maine CDC at 1-800-821-5821.