

Mumps

What is Mumps?

Mumps is a disease caused by a virus that usually spreads through saliva (spit). It can infect many parts of the body, especially the parotid salivary glands. These glands, which make saliva for the mouth, are found toward the back of each cheek, in the area between the ear and jaw. In cases of mumps, these glands typically swell and become painful.

How does mumps spread?

The mumps virus is contagious. It spreads in tiny drops of fluid from the mouth and nose of someone who is infected. It can be passed to others through sneezing, coughing, or even laughing. The virus can also spread to other people through direct contact, such as picking up tissues or using drinking glasses that have been used by the infected person. People who have mumps are most contagious from 2 days before symptoms begin to 6 days after they end. The virus can also spread from people who are infected but have no symptoms.

What are Signs of Mumps?

Mumps is best known for the puffy cheeks and swollen jaw that it causes. This is a result of swollen salivary glands.

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite



How do you prevent Mumps?

Because mumps is caused by a virus, it cannot be treated with antibiotics. Mumps can be prevented by vaccination. The MMR vaccine protects against three diseases: measles, mumps, and rubella. The first dose is usually given at 12 months to 15 months, and typically the second dose at 4 through 6 years of age.