

MUMPS

Reportable to local or state health department

Consult the health department before posting/distributing Parent/Guardian fact sheet.

CAUSE	Mumps virus.
SYMPTOMS	Most commonly, 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 (encephalitis), inflammation of the ovaries (oophoritis) or breasts (mastitis), and deafness may occur. Serious problems from mumps are more common among adults than among 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	It takes 12 to 25 days, usually about 16 to 18 days, from the time a person is exposed until symptoms begin.
CONTAGIOUS PERIOD	From 3 days before until 5 days after swelling begins. Most contagious 48 hours before the illness begins.
EXCLUSION	<u>Childcare</u> and <u>School</u> : Until 5 days after swelling begins. Exclude unvaccinated children and staff if two or more cases of mumps occur. Exclusion will last through at least 25 days after the onset of parotid gland swelling in the last person who developed mumps. Once vaccinated, students and staff can be readmitted.
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	<ul style="list-style-type: none"> • Minnesota state law requires that all children 15 months of age or older, in childcare settings or schools, be vaccinated against mumps or have a legal exemption. Mumps vaccine is usually combined with measles and rubella (MMR) and given at 12-15 months of age. Two doses or a legal 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.

PREVENTION/CONTROL (CONTINUED)

Encourage parents/guardians to notify their childcare 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. **Thorough handwashing is the best way to prevent the spread of communicable diseases.**
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled. (See pgs 34-36.)

For more information, call Hennepin County HSPHD-Epidemiology at (612) 543-5230 or call your local health department.