

Your child may have been exposed to:

Mumps

Mumps is a viral illness that can be prevented through vaccination.

If you think your child has Mumps:

- Tell your childcare provider or call the school.
- **Need to stay home?**

Childcare and School:

Yes, until 5 days after swelling begins.

If two or more cases of mumps occur in your childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.

Symptoms

Your child may have swollen glands in front of and below the ear. Your child may have a headache or a fever.

If your child is infected, it may take 12 to 25 days for symptoms to start.

Spread

- By coughing or sneezing.
- By touching contaminated hands, objects or surfaces.

Contagious Period

For 3 days before until 5 days after swelling begins. Most contagious 48 hours before illness begins.

Call your Healthcare Provider

If anyone in your home:

- ◆ was exposed to mumps and has not had mumps or mumps vaccine in the past.
- ◆ develops symptoms of mumps. A blood test may be done.

Prevention

- In Minnesota, all children 15 months of age or older attending childcare or school must be vaccinated against mumps or have a legal exemption. Two doses or legal exemption is required for kindergarten and seventh grade enrollment.
- Cover nose and mouth when coughing or sneezing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose and mouth. Your child may need help with handwashing.
- DO NOT share anything that you put in your mouth, for example, beverage containers, eating utensils, cigarettes, toothbrushes, and lip balm.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.

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

Prepared by Hennepin County Human Services and Public Health Department (HSPHD)