

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.

Keep your child home from childcare and school until 5 days after swelling begins.

If an outbreak of mumps occurs in your child's childcare or school, public health will let unvaccinated children and staff know how long they will need to stay home.

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

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 health care provider

If anyone in your home:

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

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 a 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 in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or 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.