

ALLEGAN COUNTY HEALTH DEPARTMENT

3255 – 122ND Ave., Suite 200, Allegan, MI 49010

Office Administration

(269) 673-5411

Bioterrorism Preparedness

673-5411

Personal Health

673-5411



Communicable Disease

673-5411

Environmental Health

673-5415

Resource Recovery

673-5415

Mumps

What is Mumps?

Mumps is a contagious viral illness caused by the Mumps virus. It causes swollen glands, especially in the face and neck. Mumps is no longer very common in the United States, but cases do still occur since Mumps remains a common disease in many other parts of the world. Anyone born after 1957 (and has therefore not been exposed to the virus) and who has not received a Measles-Mumps-Rubella (MMR) vaccine is at risk of being infected with Mumps.

How is it spread?

Mumps is spread through the air by droplets when an infected person sneezes or coughs, or through direct contact with the saliva of an infected person (sharing cups and utensils, or touching objects or surfaces with unwashed hands that are then touched by others).

What are the symptoms and how long after exposure do they usually begin?

Mumps is characterized by painfully swollen glands on the face and neck, fever, headache, muscle ache, tiredness, and loss of appetite. Some people with Mumps may have mild or no symptoms. Symptoms usually begin 16-18 days after infection.

Are there other complications?

Mumps can cause complications, including: swelling of the testicles in males who have reached puberty, swollen ovaries and breasts in females that have reached puberty, swelling of the brain or of the tissue around the brain and spinal cord, and hearing loss.

How long is the person contagious?

Persons with Mumps are usually considered most infectious before the swelling appears and up to 5 days after swelling begins.

Is there a treatment for Mumps?

There is no treatment for Mumps. Recommendations are to rest, drink liquids, and manage fever. Mumps must be reported to the local health department. To prevent spreading the disease to others, isolate the patient until at least 5 days after the onset of symptoms.

How can Mumps be prevented?

Mumps can be prevented with the MMR vaccine. Two doses of the MMR vaccine are needed. All healthy children should receive the first MMR vaccine at 12-15 months of age. A second MMR vaccine is usually given at 4-6 years of age; however it can be given 28 days after the initial dose.

This fact sheet is not intended to replace the advice of your physician. Parents should contact their health care provider if they have concerns regarding their child's health. If you have general questions, you may contact an Allegan County Public Health Nurse at 269-673-5411.