



Mumps

What is Mumps?

Mumps is a virus that commonly causes swelling of one or more of the salivary (parotid) glands.

How is it spread?

You can spread mumps when you cough, sneeze or have face-to-face contact and the droplets enter the nose or mouth of another person. The mumps virus is also spread through saliva. If someone shares your food, drink, cigarette or vape they can become infected. You can spread mumps even if you do not have symptoms of mumps. If you think you or your child has mumps, you need to let your health care provider know so that they can take special care to prevent spreading it to other people.

What are the symptoms?

Symptoms of mumps include:

- Fever
- Headache
- Muscle pain
- Tiredness
- Loss of appetite
- Swollen and painful glands on one or both sides of the face. Most often it is the glands just below and in front of the ear.

The symptoms of mumps start about 12-25 days after being in close contact with someone with mumps.

What are the complications of mumps?

Complications of mumps may include:

- Meningitis
- Swelling of the testicles (orchitis) or of the ovaries (oophoritis)
- Pancreatitis
- Hearing loss

If you become infected with the mumps virus during pregnancy while in the first trimester there is an increased risk of spontaneous abortion. There is no evidence to suggest deformities of the fetus if you have mumps during pregnancy.

How do I know if I have Mumps?

Your health care provider will complete an assessment and may order tests (blood, a swab taken from your throat or inside of your cheek and urine). Testing of mumps must be done during a specific timeframe and include special arrangements to prevent spreading it to other people.

What is the treatment for Mumps?

There is no specific treatment for mumps. Symptoms may be relieved by putting intermittent ice or heat to the affected neck and or testicular area and by acetaminophen/paracetamol (Tylenol®) for pain relief. Aspirin is not used due to a possible link with Reye's syndrome. Gargling with warm salt water, soft foods, and extra fluids may also help relieve symptoms.

It is recommended to avoid fruit juice or any acidic foods, since these stimulate the salivary glands, which can be painful.

How do I protect myself and others?

You can help stop the spread of mumps by washing your hands after coughing or sneezing, before preparing foods, before eating and after using the washroom. If you do cough or sneeze, cover your nose and mouth. Do not share cigarettes, vapes or drinks from the same glass, water bottle or straw as others.

The best way to prevent mumps is to get the free mumps vaccine. [Mumps vaccine](#), combined with measles and rubella (MMR) is usually given soon after the first birthday. A second dose is given as part of a combination vaccine for measles, mumps, rubella and varicella (MMRV) at 4-6 years of age. Proof of vaccination against measles, mumps and rubella, or a valid exemption is required by law for all children attending school in Ontario.

For information call Infectious Diseases: ext. 8809
Or Immunization Program: ext. 8807

Is there anything special I need to know about mumps?

Anyone with mumps or suspected mumps will be excluded from school until the full 5 days have passed since the onset of parotitis (swollen salivary glands). People who are not fully immunized against mumps will be excluded from school if a case of mumps is identified in their school. If you do not have a doctor, call the Immunization Team (705-721-7520 ext. 8806) at the health unit for more information.