

Mumps

Updated 11/05

Mumps is an acute viral disease characterized by swelling and tenderness of one or more of the salivary glands, usually the parotid gland. Swelling of the testicles occurs in 15-25 percent of infected males. Approximately one-third of infected people do not exhibit symptoms. Mumps may be contagious seven days prior to and nine days after the onset of symptoms. A person is most contagious 48 hours prior to the appearance of symptoms. The incubation period is usually 16 to 18 days, although it may vary from 14 to 25 days. Although older people may contract the disease, mumps usually occurs in children between the ages of five and 19. The greatest risk of infection occurs among older children. Mumps is more common during winter and spring and immunity acquired after contracting the disease is usually permanent.

Transmission

- Direct contact with saliva and discharges from the nose and throat of infected individuals
- Airborne

Symptoms

- Fever, headache, muscle ache
- Swelling of the parotid glands
- Sore throat

Treatment/Care

- Application of intermittent ice or heat to the affected neck area
- Acetaminophen for pain relief

Complications

- Arthritis, kidney involvement
- Inflammation of the thyroid gland or breasts, and deafness
- Encephalitis and meningitis

Prevention

- Mumps vaccine - given on or after a child's first birthday in combination with measles and rubella vaccine

In Florida, there were two reported cases between January and June 2005 with one in Broward County and another in Leon County. In 2004, there was one case in Highlands County.

More information

http://www.cdc.gov/ncidod/diseases/submenus/sub_mumps.htm

<http://www.cdc.gov/nip/vaccine/MMR/default.htm>

<http://www.who.int/topics/mumps/en/>