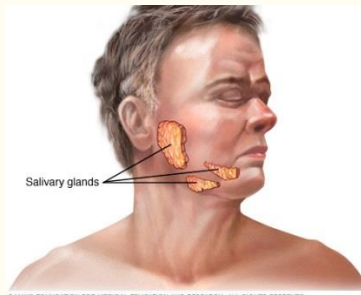




Health Fact Sheet: Mumps

What is mumps?

Mumps is a highly contagious viral infection that primarily affects the parotid glands — one of three pairs of saliva-producing (salivary) glands, situated below and in front of your ears. If you or your child contracts mumps, it can cause swelling in one or both parotid glands.



How is mumps spread?

Mumps is spread in the same way as colds and flu – through infected droplets of saliva that can be inhaled or picked up from surfaces and transferred into the mouth or nose.

A person is most contagious a few days before the symptoms develop and for a few days afterwards.

During this time, it's important to prevent the infection spreading to others, particularly teenagers and young adults who haven't been vaccinated.

What are the symptoms of mumps?

Symptoms of mumps include fever, swelling and tenderness of one or more of the salivary glands, usually the parotid gland (located just below the front of the ear). Approximately one-third of infected people do not exhibit symptom.

How soon after infection do symptoms occur?

The incubation period is usually 16-18 days, although it may vary from 14 to 25 days.



What complications have been associated with mumps?

Swelling of the testicles occurs in 15 to 25% of infected males. Mumps can cause central nervous system disorders such as encephalitis (inflammation of the brain) and meningitis (inflammation of the covering of the brain and spinal column). Other complications include arthritis, kidney involvement, inflammation of the thyroid gland and breasts, and deafness.

When and how long is a person able to spread mumps?

Mumps is contagious seven days prior to and five days after the onset of the symptoms. A person is most contagious 48 hours prior to the appearance of symptoms

Does past infection with mumps make a person immune?

Yes. Immunity acquired after contracting the disease is usually permanent.

Is there a vaccine for mumps?

Yes. Mumps vaccine is given on or after a child's first birthday, and is given in combination with measles and rubella vaccine. A second dose of mumps is given pre-school, around four to six years. The vaccine is highly effective.

What can be done to prevent the spread of mumps?

The single most effective control measure is by the measles, mumps and rubella (MMR) combination vaccine. Children should not attend school during their infectious period (5 days from onset of symptoms). Regularly washing your hands with soap using and disposing of tissues when you sneeze.

Note: According to DHA

Mumps cases: Exclusion from school until nine days after the onset of swelling. Until fully recovered.



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