

What causes mumps?

Mumps is caused by a virus.

How does mumps spread?

Mumps spreads from person to person via droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes, or talks.

What are the symptoms of mumps?

Individuals with mumps usually first feel sick with nonspecific symptoms like headache, loss of appetite, and low-grade fever. The most well-known sign of mumps is parotitis, the swelling of the salivary glands, or parotid glands, below the ear.

How long does it take to show symptoms of mumps after being exposed?

The incubation period for mumps is usually 16-18 days, but can range from 12-25 days.

How serious is mumps?

In children, mumps is usually a mild disease. Adults may have more serious disease and more complications.

Is there a treatment for mumps? There is no cure for mumps, only supportive treatment (bed rest, fluids, and fever reduction).

How is mumps diagnosed? Mumps is diagnosed by a combination of symptoms and physical signs and laboratory confirmation of the virus, as not all cases develop characteristic parotitis and not all cases of parotitis are caused by mumps.

How long is a person with mumps contagious?

People with mumps are usually considered most infectious from a few days before until 5 days after the onset of parotitis. Therefore, the Centers for Disease Control and Prevention (CDC) recommends isolating mumps patients for 5 days after their glands begin to swell.

What should be done if someone is exposed to mumps?

Any student exposed to the mumps should check his/her immunization records to determine if he/she has received **2 doses of the measles-mumps-rubella (MMR) vaccine**. If an exposed student has not been vaccinated against mumps, receiving the measles-mumps-rubella (MMR) vaccine after exposure to the virus will not help prevent disease if the person has already been infected, but may help to decrease the symptoms of the illness. If the exposed individual did not become infected after this particular exposure, the vaccine may help protect him or her against future infection with mumps virus. **Send a copy of your immunization records to K-State, Lafene Health Center, via fax (785-532-3425) or email Lafene@ksu.edu.**

What is the MMR vaccine?

Since 1971, three vaccines were combined into 1 injection to form the measles-mumps-rubella (MMR) vaccine. The MMR vaccine contains live, attenuated (or weakened) strains of the measles, mumps, and rubella viruses and is given subcutaneously (in the fatty layer of tissue under the skin).

Who recommends this vaccine?

The Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP), the American College of Obstetricians and Gynecologists, and the American College of Physicians (ACP) have all recommended this vaccine.

Where can I get the MMR vaccine?

Lafene Health Center will have a walk-in MMR vaccination clinic on Monday, February 1, 2016, from 8:30-11:30 a.m. & 1:00-4:00 p.m. Additional clinics will be announced.