Mumps Outbreak

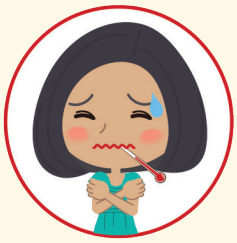
Mumps is a contagious disease caused by a virus. It spreads easily by coughing and sneezing. MMR vaccine is the best way to prevent mumps.

What are the symptoms?

Mumps usually causes:



Swollen glands under the ears or jaw



Fever



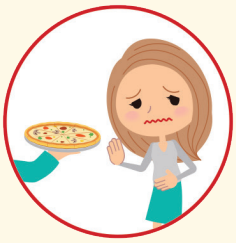
Headache



Muscle aches



Tiredness



Loss of appetite (not wanting to eat)

How is mumps spread?

Mumps virus spreads through saliva and other fluids from the mouth, nose, or throat. An infected person can spread the virus by:

- coughing, sneezing, or talking,
- sharing items, such as cups or eating utensils, with others, and
- touching objects or surfaces with unwashed hands that are then touched by others.

Mumps likely spreads before the salivary glands (glands around the jaw) begin to swell and up to 5 days after the swelling begins.







How do I know if I am protected against mumps?

The MMR (measles-mumps-rubella) vaccine is the best way to prevent mumps. Most people got MMR vaccine as a child. Ask your doctor if you have received all recommended doses of MMR.

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Children should get 2 doses of MMR vaccine:

- First Dose: 12 through 15 months of age
- Second Dose: 4 through 6 years of age (may be given earlier, if at least 28 days after the 1st dose)

Generally, anyone 18 years of age or older who was born after 1956 should get at least one dose of MMR vaccine, unless they can show that they have either been vaccinated or had mumps. Two doses are recommended for adults at higher risk, such as students in college, trade school, and training programs; international travelers; and healthcare professionals.

Even though the MMR vaccine is the best way to prevent mumps, some people who receive two doses of MMR can still get mumps. However, if a vaccinated person does get mumps, they will likely have less severe illness than an unvaccinated person.

If I get mumps, what should I do?

If you have mumps, you should stay away from other people. You can also help prevent the virus from spreading to other people by









- Covering your mouth and nose with a tissue when you cough or sneeze, and put your used tissue in the trash can. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Washing your hands often with soap and water.
- Avoiding sharing drinks or eating utensils.
- Staying home when you are sick.
- Disinfecting frequently touched surfaces, such as toys, phones, doorknobs, tables, and counters.

For more information about mumps and vaccination, visit www.cdc.gov/mumps

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