PROTECT YOURSELF AGAINST MUMPS

MMR VACCINATION IS THE BEST WAY TO PREVENT MUMPS!
THERE IS NO TREATMENT FOR MUMPS IF YOU GET IT

KEEP FROM SPREADING MUMPS

- Don’t share things that have saliva on them
- Cover your coughs and sneezes
- Stay home when you are sick
- Wash your hands often with soap and water
- Clean and disinfect surfaces

SIGNS AND SYMPTOMS OF MUMPS

- Fever
- Headache
- Loss of appetite
- Muscle aches
- Tiredness

Mumps is best known for the puffy cheeks and swollen jaw that it causes.

VACCINATION ALSO HELPS PREVENT MUMPS COMPLICATIONS

Complications can include swelling of the:
- testicles
- breasts
- ovaries
- pancreas
- brain
- spinal cord tissue

IF YOU HAVE SYMPTOMS, STAY HOME AND AWAY FROM OTHERS. CONTACT YOUR DOCTOR OR HEALTH SERVICES AT YOUR INSTITUTION.