

Mumps Fact Sheet



What are the mumps?

Mumps is a disease caused by a virus. Its most common symptom is swollen, painful cheeks and neck.

Mumps usually affect children, and most of the time they do not get very sick. Adults can also get mumps and if they do, it can be very painful. Complications from Mumps include miscarriage, hearing loss, brain damage and sterility in post-pubertal males.

What are the symptoms?

The most typical signs of mumps are fever, headache, and swollen glands, usually under the ears or jaw on one or both sides of the face. This swelling is painful and makes the cheeks bulge out. Some children may also complain of earaches and sore muscles or lose their appetites.

A person will develop symptoms of Mumps between 12-25 days (average is 16-18 days).



How is it transmitted?

A person with a Mumps infection can infect other people 1 week before they develop swollen glands until 9 days afterwards. Mumps is spread through close contact between people, usually when a person who has mumps sneezes or coughs. The infection also spreads when children touch toys or other things that someone with mumps has handled, and then rub their eyes or mouths.

How is it managed?

The mumps vaccine is your best defense against this disease. Diseases like Mumps quickly return when fewer people are immunized, and outbreaks are common in many parts of the world with low immunization rates. The mumps vaccine is administered as part of combined vaccines called MMR or MMRV. The MMR vaccine protects your child from measles, mumps, and rubella. World Health Organization guidelines recommend that all children get two doses of the combined mumps-containing vaccine (MMR or MMRV).

What do I do if I have symptoms?

Mumps is very contagious. If you are sick stay home and phone KAUST Health for advice.

Taken from: [CDC](https://www.cdc.gov/mumps/)