



THE FACTS: *Mumps*

What is It?

Mumps is a serious infection caused by a virus. Since the mumps vaccine became available in 1967 the number of cases of mumps reported has declined significantly. It is now considered a very uncommon infection.

What are the Symptoms?

When children have the infection, it is usually very mild. Some may seem completely normal and not even have swollen glands. Others may have swollen glands at the jaw line on one or both sides of the face. Sometimes the child's testicles, joints, kidneys and the lining of the brain are mildly affected. Mumps rarely causes deafness. The infection is usually much more severe in adults. A blood test, nasopharyngeal swab or urine test is required in order for a doctor to make the diagnosis. There is no medication to cure the infection.

How is it Spread?

Mumps spreads from person to person through the air. People with mumps may spread the virus up to seven days before the glands start to swell until as long as nine days later. It takes about 2-3 weeks to come down with mumps after being in contact with someone who has the disease.

Things Parents Can Do

- If your child has been exposed to someone with the infection:
 - and has received the MMR (Measles, Mumps, Rubella) vaccine, it is very unlikely that your child will develop mumps.
 - If your child has not been immunized or has not had the disease before and is older than 1 year of age, contact your doctor or the Health Unit to have your child immunized as soon as possible.
- If you think your child has mumps, contact your doctor.
- Cases of mumps must not return to school/daycare until at least nine days after the swollen glands first appeared.
- Call the Health Unit to report the illness.

Mumps can be prevented by immunization

**For Further Information Contact the Infectious Disease Program at 625-8318
or toll free 1-888-294-6630, ext. 8318.**

