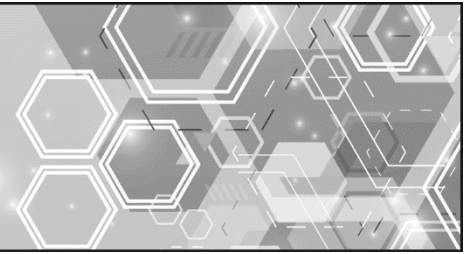




## Durham Region Health Department **Facts about...**



# Mumps

## What is it?

Mumps is an illness caused by a virus that commonly causes swelling of one or more of the salivary (parotid) glands. Children in Ontario should receive two doses of mumps-containing vaccine before the age of 7.

Most people with mumps fully recover; however, mumps can occasionally cause complications including temporary or permanent hearing loss, mumps encephalitis (swelling of the brain), and infection of the testes in males and the ovaries in females who are past puberty. Mumps can also cause meningitis, an infection of the fluid and lining that cover the brain and spinal cord.

## How is it spread?

The virus that causes mumps can spread from person to person through close, direct contact, such as when an infected person coughs or sneezes into the face of another. It can also be spread in saliva by oral contact, such as kissing or sharing drinks. A person with mumps can spread the virus from 7 days before to 5 days after symptoms develop.

## What do I look for?

Symptoms may include fever, headache, loss of appetite, fatigue, or swelling and tenderness of one or more of the salivary glands, usually the parotid glands (at the angle of the jaw). Respiratory symptoms may also occur.

## How is it treated?

There is no specific treatment for mumps. Supportive care including rest, fluids, and pain relievers.

## How can I protect myself?

- Mumps is best prevented by vaccination.
- See Facts About... Measles, Mumps and Rubella Vaccine.
- Keep up to date with vaccinations and speak to your health care provider about your need for other vaccines.

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- Wash your hands thoroughly with soap and water or use hand sanitizer when hands are not visibly dirty.
- Cough or sneeze into your elbow and encourage others to do the same.
- Wash your hands after handling nose or throat secretions (e.g., after disposal of facial tissues containing nose and throat secretions).
- Do not share water bottles, straws, eating utensils, cigarettes, toothbrushes, toys or anything else that has been in contact with saliva, nose or throat secretions.
- If you are ill, stay at home and isolate yourself from others.

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905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.

