

## Do you need treatment?

There is no specific treatment for mumps but an appropriate medicine such as paracetamol to help bring down a high temperature should be used. If you are unsure or you are known to have an allergy to paracetamol you should speak with your GP practice or community pharmacist. Do not exceed the manufactures recommended dosage. **(ASPIRIN SHOULD NOT BE USED IN CHILDREN UNDER 16 YEARS)**.

A swab may be taken from the mouth of the infected person between 12 – 6 weeks after the illness. This is to confirm if it was a definite case of mumps. Your GP will be informed of the results.

For more information about **mumps** contact:

*Your GP practice  
or  
your local Health Protection Unit  
or  
<http://www.hpa.org.uk/topics>*

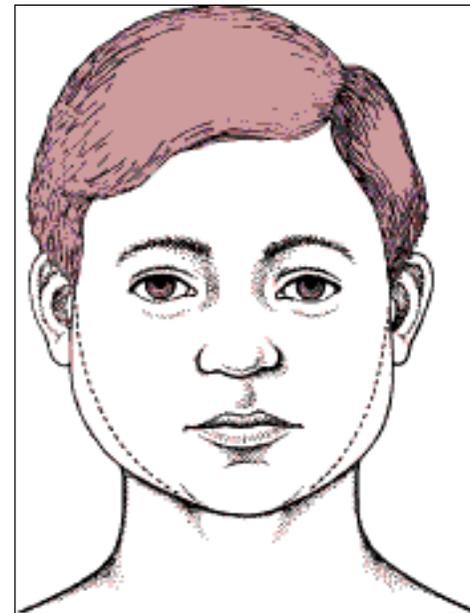
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North West Infection Prevention & Control Nurses  
and  
North West Environmental Health Officers.

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# HPA North West



# Mumps

INFORMATION LEAFLET

## What is Mumps?

Mumps is an infection caused by a virus (germ).

## What are the symptoms of Mumps infection?

Symptoms include:

- Fever
- Headache
- Swelling and tenderness of glands in one or both sides of the neck (called parotitis)
- Running nose and eyes, sore throat and ear ache – particularly in young children

Occasionally more serious complications of mumps infection can occur. These include:

- A mild form of meningitis (inflammation of the layers surrounding the brain)
- Ear infections which can lead to hearing impairment
- Swelling and tenderness of the testicles in adult men (orchitis), and inflammation of the ovaries (oophoritis) in women, though it is very rare for these to cause serious complications such as infertility
- Pancreatitis – inflammation of the pancreas.

## Who does Mumps affect?

**ANYONE** who has not developed natural immunity/protection or has not been vaccinated against mumps.

## How do you get Mumps?

You catch mumps by being in close contact with someone who already has the infection. The virus is passed in the secretions of the

infected person's nose and throat and is spread by their sneezing and coughing.

It is possible to catch mumps from direct contact with articles that have been contaminated by these infected secretions e.g. hankies or tissues.

## How do you prevent getting mumps?

- By avoiding close personal contact with a person with mumps if you are at risk.
- **By immunisation** - there is a safe and effective vaccine, which protects against mumps. It is one of the "M" components in **MMR** vaccine and a child needs **two doses** of this vaccine, one at 12 to 13 months with a second dose pre-school.
- If a child or young adult has not received 2 doses of MMR vaccine, this can be given at any age.
- Because MMR vaccine is a 'live' vaccine, it is **not** recommended that children who have a weakened immune system (e.g. because of medication or chemotherapy), should be vaccinated so these children are particularly vulnerable and should avoid contact whenever possible.

## Do you need to stay off school/work?

The incubation period (the time between infection and the onset of symptoms) is between 14 – 21 days.

Mumps is infectious for several days before the facial swelling to several days after it appears'.

General advice is to stay off school or work for at least **5 days after symptoms first develop**.