



MUMPS

Mumps is a viral illness that usually causes swelling and tenderness of the salivary glands, particularly the gland at the angle of the jaw. Headache, slight fever and earache are common. Possible complications include Meningitis (an inflammation of the coverings of the brain and spinal cord), Encephalitis (an inflammation of the brain), deafness and, particularly in adolescent or adult males, inflammation of the testicles. Mumps during pregnancy can result in loss of the fetus.

Who gets this disease?

Mumps may be seen in unimmunized children, or adolescents and young adults who graduated from school prior to laws requiring mumps immunization. Most adults born before 1957 have been infected by exposure to the disease and are probably immune.

How is it spread?

The mumps virus is found most often in saliva. It is transmitted by direct contact or by droplet spread of the virus in the air through sneezes and coughs. Mumps is most infectious 48 hours **prior** to the onset of symptoms.

What are the symptoms?

The most common symptoms are: 1) fever with headache and earache, loss of appetite and 2) swollen glands in front of and below the ear.

Symptoms appear 12-25 days after exposure. Infected persons are contagious from 1-2 days **before** to 5 days **after** swelling begins. A small percentage of immunized children may be infected with mumps if their bodies fail to respond adequately to the vaccine.

How can the spread of this disease be prevented?

The national Advisory Committee on Immunization Practices (ACIP) recommends that children be immunized against mumps. This is frequently combined with measles and rubella vaccine, which is **required** for childcare and school attendance. Children should receive this vaccine between 12-15 months of age and again between 4-6 years of age.

Who should be excluded?

A child or staff member with mumps should not return until five days after the onset of swelling. Any susceptible, unvaccinated child or staff member at a childcare center shall not return to the center until 26 days after onset of parotid gland inflammation in the last person with mumps in the center. Any person so excluded may return to the center immediately if he/she receives mumps vaccine.

Reportable?

Yes. Mumps is reportable by New Hampshire law to the Division of Public Health Services, Bureau of Infectious Disease Control at (603) 271-4496.