



# Mumps

## What is it?

- Mumps is a disease caused by a virus which is rare due to the introduction of the vaccine in 1969.
- Usually occurs in school-aged children, although it can occur at any age.

## Signs and Symptoms?

- Mumps causes fever, aches and pains, headaches and swelling of the salivary glands around the jaw and cheeks.
- Swelling is painful and makes the cheeks puff out.
- The glands usually become more swollen and painful over 1 to 3 days.
- Chewing and swallowing can become painful.
- Some children infected with mumps have no symptoms at all, or may seem to have a cold, but can still spread the infection to others.
- In severe cases, mumps can cause meningitis, a serious disease that infects the fluid around the brain and spinal cord or encephalitis (swelling in the brain). This can lead to seizures, hearing loss, or death.
- Older boys and men sometimes get orchitis (painful swelling of the testicles), which can cause sterility (unable to get a woman pregnant).
- Women may have a painful infection of the ovaries, but it does not prevent pregnancy.

## How is it spread?

- Mumps virus is spread through the air by coughing or sneezing or by droplet contact with the discharges from the nose and throat of an infected person.
- It can also be spread by direct contact with the saliva of an infected person.
- The virus is present in these discharges from 7 days before until 5 days after the onset of swelling of the glands.
- One person out of three who has mumps will not have any symptoms.

## How to decrease the spread?

- Most people today are immune to mumps because

they were vaccinated against the disease.

- In Canada, adults born before 1970 are presumed to have acquired natural immunity to mumps.

## Pregnancy and fetal development.

- If a pregnant woman is exposed to mumps she should consult her physician. Mumps infection in the first trimester (three months) of pregnancy can cause spontaneous miscarriage.

**Recommended absence:** All people with confirmed mumps are to be excluded from school or day care until five days after the onset of swelling.

Mumps **must** be reported to the Medical Officer of Health as required by the Health Promotion and Protection Act.

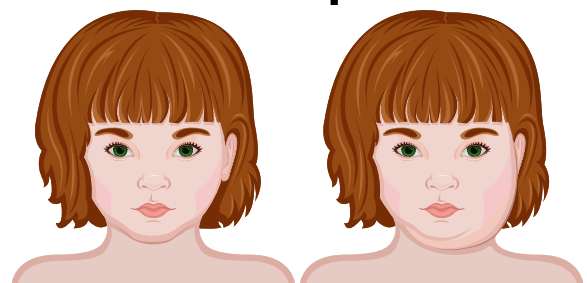
## Resources:

Public Health Agency of Canada  
<https://www.canada.ca/en/public-health/services/immunization/vaccine-preventable-diseases/mumps/health-professionals.html>

About Kids Health  
[www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

Caring for Kids  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

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Healthy child

Child with mumps

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