

Mumps

What is mumps?

Mumps is a contagious disease caused by a virus that can cause swelling and soreness of the salivary glands (the cheek and jaw area) along with fever.

What are the symptoms of mumps?

Mumps usually causes swelling of the glands under the ears or jaw (called 'parotitis'). Other symptoms include fever, headache, general aches and muscle pains. Symptoms can last for 7 to 10 days. Some people with mumps may not have any symptoms. Others may feel sick but not have swollen glands.

Is mumps serious?

In most people, mumps is pretty mild. But in some people it can cause serious, long lasting problems. Mumps can cause meningitis (swelling of the brain and spinal cord), deafness, orchitis (swelling of the testicles) in males who have reached puberty, or oophoritis (swelling of the ovaries) in females who have reached puberty. In rare cases, mumps can cause inflammation of the brain itself, known as encephalitis. Mumps infection during the first 3 months of pregnancy may be linked to miscarriage. Mumps rarely results in death.

Who can get mumps?

Mumps can affect any person of any age who has not had the disease or been immunized against it.

How is mumps spread?

The mumps virus is found in the saliva and fluids from the nose and throat of infected persons. It is spread when an infected person coughs or sneezes. It can also be spread by kissing, sharing items, such as cups or eating utensils, and touch objects or surfaces with unwashed hands that are then touched by others. A person can spread the mumps virus 2 days before through 5 days after onset of parotitis.

How soon can symptoms start after being infected with mumps?

Symptoms usually appear 16-18 days after infection, but this period can range from 12-25 days after infection.

Is there a treatment for mumps?

There is no specific treatment for mumps. Most people with mumps recover completely in a few weeks.

Can a person get mumps more than one time?

People who have had mumps are usually protected for life.

Is there a vaccine for mumps?

Yes. Mumps vaccine is given on or after a child's first birthday, and is usually given as the MMR (measles, mumps, rubella) vaccine. A second dose is recommended at 4 to 6 years of age. One dose of MMR vaccine is 78% effective, and two doses of mumps vaccine is 88% effective. While mumps vaccine is effective, it's not perfect. People with two doses of MMR vaccine can still get mumps. All unvaccinated teens and all adults born in or after 1957 should have documentation of vaccination or other evidence of immunity. Adults born before 1957 in the United States are likely to have had mumps as a child and are not generally recommended to receive vaccination. Many foreign countries do not routinely advise or require mumps vaccination.

How can I prevent the spread of mumps?

The best way to prevent mumps is to get the mumps vaccine. Persons exposed to mumps should check their immunization status and call their healthcare provider if they develop symptoms of mumps. Persons with mumps should stay home from child care, school, or work for a total of 5 days starting on the day of parotitis onset until the sixth day after symptoms appear.



Mumps

Mumps is a reportable disease in Oklahoma. Mumps is an infection caused by the mumps virus. Symptoms of mumps usually include swelling on one or both sides of the face, tenderness of the salivary glands (the cheek and jaw area), slight fever, headache, general aches, and muscle pain. The parotid salivary glands (located within the cheek, near the jaw line and below the ears) are most frequently affected. This swelling of the parotid glands is commonly called "parotitis." Swelling of the testicles (orchitis) occurs in 20 to 30 percent of males if infection occurs after puberty. In rare cases, mumps can cause meningitis (swelling of the brain and spinal cord) or inflammation of the brain itself, known as encephalitis. Mumps infection during the first three months of pregnancy may be linked to miscarriage.

The mumps virus is found in the saliva and fluid in the nose and throat and spreads from person-to-person by coughing, sneezing, or by direct contact with nose and throat secretions. Infected individuals can transmit the virus two days before symptoms appear and up to five days after symptoms begin. Symptoms of mumps can appear 12 to 25 days after exposure, but usually begin within 16 to 18 days.

Prior to the successful reduction of mumps through vaccination programs, it was a common childhood disease. Mumps occurs more often among infants, children and young adults, but can affect a person of any age that had not had the disease or receive the mumps vaccine. Immunity is usually life long. Mumps vaccine, which is contained in the MMR (measles, mumps, and rubella) vaccine, is recommended to be given on or after a child's first birthday, and a second dose at four to six years of age.

Maintaining the highest possible level of immunization in the community can prevent mumps. Persons who may have been exposed should have their immunization status evaluated, watch for signs and symptoms, and seek medical attention as soon as symptoms suggestive of mumps begin. Persons with mumps should stay home from childcare, school, or work to prevent person-to-person spread for a total of five days starting on the day of parotitis onset until the sixth day after symptoms appear.

Mumps Outbreak, Oklahoma, 2016

The Oklahoma State Department of Health (OSDH) and Garfield County Health Department are investigating an outbreak of mumps among residents of Garfield County. State and local public health officials are working closely with schools and healthcare providers to rapidly identify suspected cases and exclude affected persons from childcare centers, schools or workplaces during the timeframe they are able to transmit mumps to other persons. The OSDH will post an update each Thursday by 10:00 a.m.

Outbreak Summary, November 17, 2016

OSDH Mumps Press Release, September 14, 2016

Mumps Fact Sheets and Information:

Mumps Fact Sheet (14k.pdf)
 Mumps Hoja Informativa (15k.pdf)
 Mumps Marshallese Fact Sheet (285k.pdf)

External Mumps Resources:

Mumps (CDC)
 MMR Vaccine (CDC)
 Traveler's Health: Mumps (CDC)
 Measles, Mumps, Rubella Vaccine Information Statement (CDC)
 Measles, Mumps, Rubella and Varicella Vaccine Information Statement (CDC)
 Measles, Mumps, Rubella Vaccine Information Statement – Other Languages (CDC)



Mumps Outbreak Summary November 17, 2016

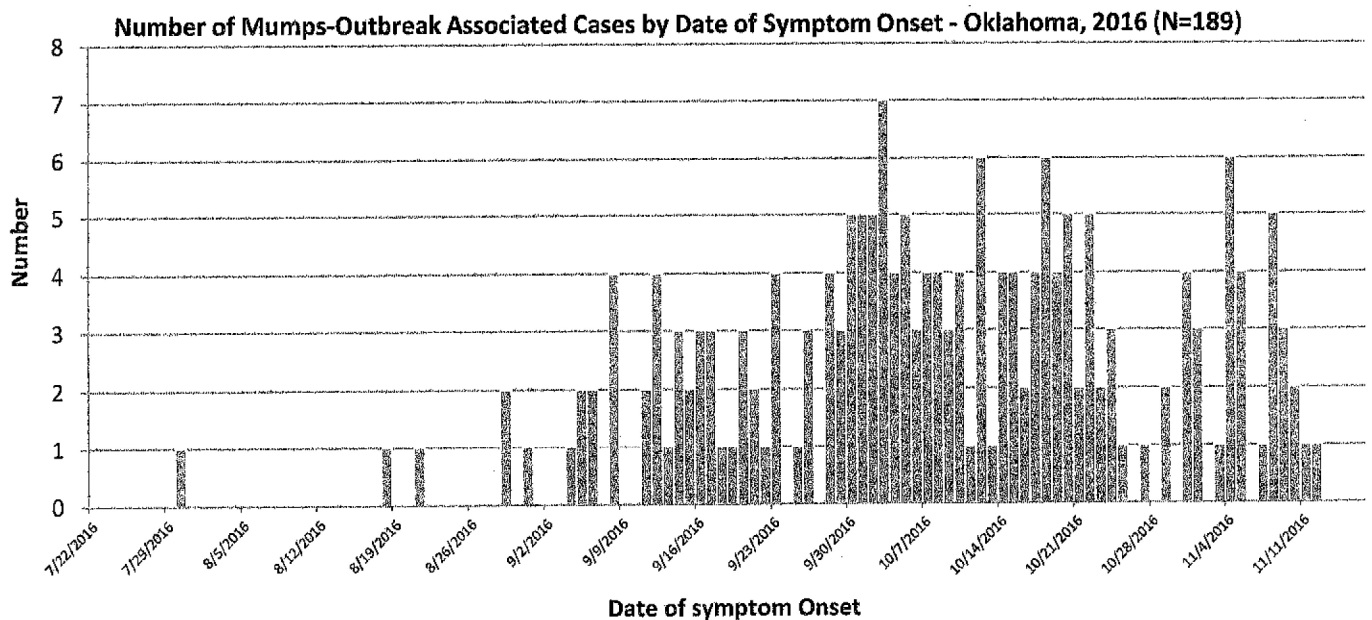
The Oklahoma State Department of Health and county health departments of Garfield and Kay counties continue to investigate and provide a public health response to an outbreak of mumps. State and local public health officials are working closely with schools and healthcare providers to rapidly identify suspected cases and exclude affected persons from childcare centers, schools or workplaces during the timeframe they are able to transmit mumps to other persons. Both cases in Tulsa and Osage counties are connected to outbreak activity in Garfield and Kay counties.

Case Summary

Number of outbreak-associated cases: 189

- County of Residence
 - Garfield County: 174 (92%)
 - Kay County: 10 (6%)
 - Osage County: 4 (2%)
 - Tulsa County: 1 (<1%)
- Age range: 6 months - 63 years (Median age: 15)
- Number hospitalized due to mumps: 0
- Measles, Mumps, and Rubella (MMR) vaccination history
 - Vaccinated: 134 (71%)
 - Not vaccinated / unknown: 54 (29%)
 - Under age for vaccination: 1 (<1%)

Number of additional reports under investigation: 77



For further information call or visit us on the World Wide Web:

<http://ads.health.ok.gov>

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