



Mumps

What you should know.

Disease Investigation into Mumps Cases

Tacoma-Pierce County Health Department continues to investigate mumps cases among residents. The Health Department identified the first probable cases Dec. 9. While this outbreak started in south King County, diseases don't stop at political boundaries. Mumps is a contagious viral illness. Immunization is the most effective way to prevent it. Make sure you and your family are up to date on your measles, mumps, and rubella (MMR) vaccinations.

What Is Mumps?

Mumps is a disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness, and a loss of appetite. Then a person with mumps may develop swollen cheeks or jaw. Most people with mumps get well in a few weeks. Some people with mumps may have a mild illness or may not even know that they have the disease. However, mumps can occasionally cause serious health problems, especially in adults. These health problems can include swelling of the brain or deafness. Some boys and men may develop swelling of the testicles.

How is mumps spread?



You can spread mumps by coughing, sneezing, or spraying saliva while talking. It can also be spread by sharing cups, spoons, forks, baby bottles, and other utensils. Mumps can spread if someone who has mumps goes to a place where many people are gathered.

Who are more likely to get mumps?



Babies less than 1 year old



Children over 1 year of age who have not received at least 1 dose of mumps vaccine (MMR vaccine)



Adults born in or after 1957 who have not been vaccinated or have not had mumps before.

How can you prevent mumps?

- Get mumps vaccine (included in the MMR vaccine).
- Stay away from anyone who has mumps.
- Wash your hands often with soap and water.
- Don't share cups, spoons, forks, baby bottles, and other utensils.

What to do if you think you have mumps.

- Call your doctor if you or your child has the signs of mumps: fever, headache, muscle aches, tiredness, loss of appetite, and swollen cheeks or jaw.
- Stay home and away from other people until you can see a doctor. This includes staying away from family as much as possible so they don't get sick.

Adapted from Public Health - Seattle & King County's Material

