

MUMPS FACTSHEET

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What is Mumps?

Mumps, also known as Infectious Parotitis, is an acute viral infection of the salivary glands, usually the parotid glands, that results in a blister-like rash, itching, fatigue, and fever. Nearly one-third of all infections do not cause apparent swelling of the salivary glands.

Who gets Mumps?

Although older people may develop the disease, Mumps usually occurs in children between five and fifteen years of age. However, anyone who is not immune from either previous mumps infection or from vaccination can get mumps. Mumps occurs less regularly than other common childhood communicable diseases. There has been a dramatic decrease in the number of people infected with Mumps in the United States since the Mumps vaccine was developed. The greatest risk of infection now appears to be in older children and young adults. Mumps is more common in the winter and spring.

What are the symptoms of Mumps?

Symptoms of Mumps include fever, headache, muscle ache and swelling and tenderness of the glands close to the jaw. Approximately one-third of infected people do not have any symptoms.

How is Mumps spread?

Mumps spreads from person-to-person by direct contact with infected persons saliva and respiratory secretions and through the air from an infected person's coughing or sneezing.

How soon do symptoms appear?

It can take from 14 to 25 days after contact with an infected person for someone to develop Mumps. Symptoms develop for most people within 15 to 18 days after exposure.

Is a person with Mumps contagious?

A person with Mumps is contagious for six to seven days before symptoms appear and up to nine days after the onset of illness. Infected individuals without any apparent symptoms can still transmit the disease.

Should a person with Mumps be excluded from work or school?

A person with Mumps should remain at home until nine days after the onset of gland swelling. Children in school or daycare must obtain medical clearance from a physician or the DC Department of Health before returning to school.

Can Mumps be prevented?

Mumps can be prevented by vaccination. This is a safe and highly effective vaccine. The vaccine should be administered on or after a child's first birthday, but it is recommended at 12 to 15 months of age if given in combination with the Measles and Rubella vaccine series (MMR), with a second dose at age 4 to 6.

Want more information?

Information about Mumps and other related health topics can be found at the website www.cdc.gov. The DC Department of Health promotes the health and safety of the District residents. For additional information, please call (202) 442-9371.

