



# Mumps

**Your child may have been exposed to this disease**

*If your child has symptoms, please contact your child's healthcare provider.*

## **If my child has this disease, when can he or she return to school or child care?**

**A child may return when it has been at least 5 days since the salivary glands began swelling.**

**Mumps is an illness caused by the Mumps virus.**

Symptoms are:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears. It may be on one side or both sides of the face.

For males who have reached puberty, mumps can cause painful swelling of the testicles. For adults and children, mumps can cause deafness or swelling of the brain.

### **What can I do now?**

**Watch your child** for symptoms of this disease, especially if your child has not been vaccinated for mumps. Call your child's doctor and your child's school if he or she becomes sick. The MMR vaccine protects against mumps, and most children receive two doses of this vaccine before turning two years old. Talk to your child's doctor for more information.

**If your child gets sick, prevent others from getting ill by:**

- Keeping your child home until it has been at least 5 days since facial swelling began.
- Wash your hands carefully with soap and water.
- Clean items and surfaces in your home that are touched often. Disinfect items and surfaces by using a cleaning solution that kills viruses and bacteria, such as 1 to 3 tablespoons of bleach mixed with 1 quart (32 ounces) of water.

If a person gets sick, it usually takes 16 to 18 days after the person is exposed to the virus. However, it can be as short as 12 days or as long as 25 days. Most people with mumps recover within a few weeks.

### **How is mumps spread?**

Mumps is spread through contact with saliva or mucus from the mouth, nose, or throat. This can happen by:

- Coughing, sneezing, or talking
- Sharing items, such as cups and eating utensils
- Touching items or surfaces that has the virus on it

A sick person can spread the illness before they have symptoms, and for up to 5 days after the salivary glands began swelling.

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: [www.cdc.gov/mumps](http://www.cdc.gov/mumps)