

This leaflet gives general advice. For further information please ask either the nursing or medical staff who are providing your care and treatment or contact the Infection Prevention and Control Team on 01386 502552.

If you would like this leaflet in a different language, larger print size, in audio, Braille or any other format please contact the

PALS team by phone on

☎ 01905 760020;

by letter ✉ Communications,
Worcestershire Health and Care Trust,
2 Kings Court, Charles Hasting Way,
Worcester. WR5 1JR.

or by email 📧:

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**Worcestershire
Health and Care**
NHS Trust



MUMPS

What is it?

Your questions answered

**An Information Leaflet
for
Patients and Staff**

WHAT IS IT?

Mumps is caused by a virus.

HOW DO YOU KNOW SOMEONE HAS IT?

The first symptoms of mumps are usually a raised temperature and general tiredness. Following this, there is stiffness or pain in the jaws or neck. Then the glands in the cheeks and under the jaw swell up and cause pain. The swelling can be one sided or affect both sides. Mumps is usually fairly mild in young children, but can cause swelling of the testicles and rarely infertility in males over the age of puberty. As with measles, confirmation of mumps can be confirmed by saliva testing.

IS IT INFECTIOUS?

YES. Mumps is infectious for 7 days before and possibly up to 9 days after swelling first appears. Generally people are considered to be non infectious 5 days after the onset of swelling as long as they feel well. It is spread from one person to another via droplets eg sneezing or by direct contact with saliva.

WHAT IS THE INCUBATION PERIOD?

The time from contact with the virus to first sign of illness is normally 18 days but can be 14—21. Exposed, non vaccinated, individuals should be considered infectious from 12—25 days after exposure.

IS THERE ANY SPECIFIC TREATMENT?

There is no specific treatment for mumps. Treatment should be based on easing of symptoms. Measles Mumps and Rubella (MMR) vaccine is given in the national immunisation programme at 12-15 months and at 4 years of age.



WHAT SHOULD YOU DO IF SOMEONE HAS THE ILLNESS?

If unsure about the diagnosis consult a doctor.

- Keep a child or adult cool by reducing the amount of bedding or clothing and by giving paracetamol as prescribed on the bottle.
- The infected person must rest while they have a fever.
- Ensure good standards of hygiene, the infected individual should cover their mouth or nose when coughing or sneezing.
- A person finding it uncomfortable to swallow will find thick smooth drinks easiest to tolerate (e.g. soups and milkshakes).

HOW SOON CAN THE PERSON RETURN TO WORK/SCHOOL?

People can return to work and children can return to childcare facilities or to school when they are feeling well and the swelling of the glands has subsided as a minimum exclusion must be for 5 days from onset of swollen glands.