

## **Information about Mumps**

An outbreak of mumps has developed in King County, mainly in the Auburn area, but the outbreak can easily spread to other schools and areas in King County. It's important to know the signs and symptoms of mumps and what you can do to protect your child and others from getting mumps.

### **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 who get 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.

### **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
- touching objects or surfaces that may have been touched by someone with mumps

Mumps can spread widely if someone who has mumps goes to a place where many people are gathered.

### **Who is 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
- Adults born in 1957 or later 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. This includes staying away from family as much as possible so they don't get sick.

**Learn more:**

About mumps: <http://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/mumps.aspx>

For [updates on the mumps](#) outbreak in King County, follow the Public Health Insider blog ([publichealthinsider.com](http://publichealthinsider.com))

Read about [Mumps Outbreaks: Why We Care About Mumps and Is the Vaccine Working?](#) By Dr. Jeff Duchin, Health Officer for Public Health – Seattle & King County