

Mumps

Patient and Family Education

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

What is mumps?

Mumps is a disease caused by a virus.

- It may cause the glands in front of the ears and in the neck area to swell. The largest of these glands is called the parotid gland.
- It can affect the glands on one or both sides of the face.
- Other glands under the tongue, under the jaw or in the chest may also be involved.
- Mumps usually lasts about 10 to 12 days, but swelling may last for another week.

What symptoms could my child have?

Your child may have one or more of these:

- Fever up to 103°F
- Headache
- Loss of appetite
- Sore throat
- Swelling and discomfort in the neck area
- Muscle aches
- Weakness and tiredness
- Cough
- Runny nose

Some children may have the mumps and not have any symptoms.

How does mumps spread?

Mumps is easy to spread from person to person.

- It can be spread through sneezing, coughing or coming into contact with the saliva of someone who has the virus.
- Things that you and your family can do to help prevent from spreading the virus include:
 - Cover the mouth and nose with a tissue when coughing and sneezing.
 - Wash your hands well and often.
 - Do not share plates, cups or silverware.

Can mumps be prevented?

A series of vaccines (shots) can help prevent mumps, measles and rubella (called an MMR).

- If your child has had either mumps or the shots, he is usually protected from getting mumps again. Rarely, a child may get them again.
- For more information, talk with your child's doctor. You may also contact your county's health department office or the Centers for Disease Control at 1-800-cdc-info or at www.cdc.gov.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Mumps, continued

What kinds of other problems can the mumps cause?

Although rare, mumps can cause other serious problems, such as inflammation in other parts of the body. This may include inflammation of your child's:

- Testes (in men)
- Breasts and ovaries (in women)
- Pancreas
- Brain and meninges (the lining around the brain and spinal cord)
- Kidney
- Heart
- Joints

It can also cause problems with the nervous system, such as deafness and inability to keep balance or feel things

What is the treatment?

Some general guidelines for treating mumps are listed below:

- Antibiotics are not usually useful for treating mumps since it is caused by a virus.
- Make sure your child gets plenty of rest.
- Warm or cold packs can be used on the swollen area to help decrease pain.
- Give acetaminophen (Tylenol or less costly store brand) or ibuprofen (Motrin, Advil or less costly store brand) for fever or pain if advised by your doctor. Follow the directions on the box carefully, or ask your child's doctor how much medicine to give. **Do not give your child aspirin.**
- **DO NOT:**
 - Give your child more than 5 doses of acetaminophen in a 24 hour period.
 - Give acetaminophen to babies younger than 3 months old without talking with your child's doctor.
 - Give ibuprofen to babies younger than 6 months old without talking with your child's doctor.
 - Give acetaminophen and ibuprofen together.
 - Alternate these medicines.
- Give your child soft, bland food, such as soups, pudding and ice cream.
- Have your child drink plenty of fluids. Avoid sour foods and fruit juices like orange juice or lemonade – they can make the pain worse.

When should I call the doctor?

Call your child's doctor **right away** if your child has any of these:

- Persistent (more than 2 to 3 days) fever above 103° F, shaking and chills
- Does not smile or play for even a few minutes every 4 hours
- Signs of dehydration (drying out):
 - No urine in 6 hours in a baby younger than 1 year old
 - No urine in more than 8 hours in a child older than 1 year old
 - No tears when crying
 - Sunken eyes
 - Dry lips and mouth
- Severe headache or stiffness in the neck

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Mumps, continued

- Severe stomach pain
- Redness in the eyes
- Changes in consciousness or alertness
- Swelling of body parts other than the neck area
- Change in urine color (brown or tea colored or bloody)
- Numbness or tingling sensations
- Trouble walking
- Trouble urinating or having a bowel movement

Call 911 or your local ambulance service **right away** if you have an urgent concern about your child, such as if he:

- Is working **very** hard to breathe or finds it hard to take a breath.
- Has chest pain.

When can my child return to school or daycare?

Your child may return to school or daycare after at least 5 days have passed since his glands started to swell. Tell your child's school or daycare **right away** that you have been told that your child has the mumps.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.