

MUMPS



Transmission

- Mumps is spread through direct contact with respiratory secretions or saliva.
- While you may contract mumps year-round, it is a seasonal disease with peaks in late winter and early spring.
- People infected with the virus are contagious three days before they begin showing symptoms and up to nine days after they begin showing symptoms.



Symptoms

- The incubation time of the virus—the time between exposure and the onset of symptoms—is usually 16–18 days.
- Mumps initially presents with flu-like symptoms, including headache, fever, fatigue, muscle aches, sore throat and a loss of appetite.
- Painful swelling of the parotid salivary glands (located inside the cheek underneath the ears, near the jaw line) is the most prominent symptom of mumps, occurring in 30%–40% of cases. Males past puberty may develop orchitis, a painful swelling of the testicles.
- Approximately 20% of those infected with mumps never show symptoms.

Treatment and Prevention

- There is currently no specific treatment for mumps, although medical care will confirm diagnosis and may provide pain relief.
- Experts recommend two doses of the measles, mumps and rubella (MMR) vaccine to most effectively ensure immunization to the virus. The mumps vaccine may be given separately.
- Vaccination should ideally be completed during childhood, but may be administered at any age.

Where to Find Additional Information

- Centers for Disease Control and Prevention (CDC)—
 - <http://www.cdc.gov/mumps/>
 - Information for Travelers—<http://www.cdc.gov/mumps/travelers.html>
- U.S. National Library of Medicine—<https://www.nlm.nih.gov/medlineplus/mumps.html>
- Ready Army—www.ready.army.mil

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

