

# MUMPS

## Single Point Lesson

Mumps is an infectious acute viral disease resulting from infection with paramyxovirus. Mumps is transmitted via respiratory droplets, or direct contact with nasal/throat secretions, from infected individuals. Most infectious just before they become unwell and for 5- 10 days after.

### The EU clinical case definition for mumps is:

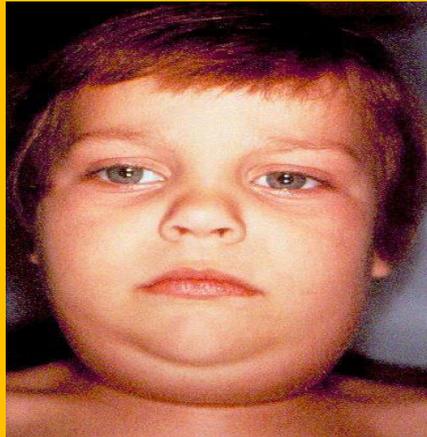
Clinical picture compatible with mumps, e.g. acute onset of uni- or bilateral tender, self-limited swelling of the parotid or other salivary gland, lasting >2 days, and without other apparent cause.

**Exclude** child from school/nursery for 5 days after onset of swelling (PHE). Adults in work the same exclusion.

### Clinical course of infection

Parotitis is the characteristic presentation of mumps, and occurs in 30- 40% cases, usually after 16-18 days incubation and may be unilateral, or bilateral parotid swelling, which lifts the earlobe up and out. The submandibular and sublingual glands may also be involved and swollen.

Parotitis may be preceded by non-specific prodromal symptoms lasting 3–5 days including malaise, fever, headache, myalgia and arthralgia. Fever may last 3-5 days and parotitis 7-10 days.



### Treatment

No cure but infection should pass within 1 to 2 weeks.

- Rest
- Painkillers – Ibuprofen or paracetamol.
- Apply a warm or cool compress to the swollen glands to help relieve pain.

### Mumps complications

Viral meningitis (1 in 20)  
Encephalitis (1 in 1000)  
Orchitis (4 in 10 adults males)  
Permanent hearing loss (1 in 20,000)

**Mumps is a Notifiable disease.  
Inform Public Health England on  
03442250562 or fax 0151 236 2488.  
A swab may be sent to confirm.**

Mumps can present as a lower respiratory tract infection, especially in young children. Around 20% of all cases may have very mild illness (sub-clinical), or no symptoms (asymptomatic).

MMR vaccine (measles, mumps and rubella)  
First dose should be given between the ages of 12 – 13 months.  
Second dose before starting school, usually at three years and four months.

MMR vaccine can be given to individuals of any age. Entry into college, university or other higher education institutions, prison or military service provides an opportunity to check an individual's immunisation history. Those who have not received MMR should be offered appropriate MMR immunisation.