

MUMPS

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:

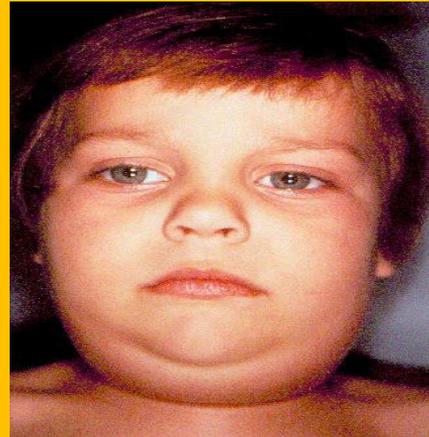
Clinical picture compatible with mumps, e.g. acute onset of uni-or bilateral tender, self-limited swelling of the parotid or other salivary gland, lasting >2 days, and without other apparent cause.

Exclude children from school/nursery for 5 days after onset of swelling.

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.

Complications of Mumps

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

**Mumps is a Notifiable disease.
The GP will inform Public Health England.**

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 3 years and 4 months.

MMR vaccine can be given to individuals of any age. Staff who have not received MMR vaccine should discuss with their GP.

Please contact the Infection Control team on 01744 457314/312 for further advice.