

# Protecting Your Family from Mumps

Cases of mumps have recently been diagnosed in Alaska. Mumps is a contagious disease caused by a virus. In order to protect you and your family from infection, it is important to know how you can be infected, what the symptoms are and what to do if you think you suspect you or your child has mumps.

## Mumps can be transmitted by:



## SYMPTOMS OF MUMPS:



**Swollen salivary glands, swollen face and/or jaw**



**Headache**



**Tiredness**



**Muscle aches**



**Loss of appetite**



**Respiratory symptoms**



**Fever that lasts longer than three days**



**The most effective way to prevent mumps is the MMR (measles, mumps and rubella) vaccine.**

The current CDC recommendations for MMR vaccination are as follows:

- For children younger than 6 years of age, one dose of MMR vaccine or MMRV (Measles, Mumps, Rubella, and Varicella) vaccine at age 12–15 months, followed by a second dose of either MMR vaccine or MMRV vaccine at age 4–6 years.
- For children age 7–18 years not previously vaccinated, one dose of MMR vaccine or MMRV vaccine, followed by a second dose of either MMR vaccine or MMRV vaccine at least 4 weeks after the first dose.
- For adults born in 1957 or later and not previously vaccinated, one dose of MMR vaccine.
- A second dose of MMR vaccine is recommended for adults, who are students in a post-secondary educational institution, work in a health care facility, or plan to travel internationally. The second dose should be administered a minimum of 28 days after the first dose.

With two doses, the MMR vaccine is 88 percent effective at preventing mumps. Make sure your vaccines are up to date.



**Good hand hygiene is important.** Wash your hands thoroughly with soap and water. Show your children how to wash their hands properly too.

## What to do if you suspect you or your child has mumps:

- Do not go to work, school, or to public places. If you or your child gets any of these symptoms, call your doctor's office or public health center before going to the clinic. Tell them you or your child may have mumps. The doctor will not want you to sit in the clinic waiting area with other patients. Instead your doctor will ask you to come into the clinic another way. These steps will help prevent mumps from spreading to others.

## MORE INFORMATION ON MUMPS:

Centers for Disease Control  
[www.cdc.gov/mumps/](http://www.cdc.gov/mumps/)

Alaska Department of Health and Social Services  
<http://dhss.alaska.gov/dph/Epi/id/Pages/Mumps.aspx>

