

Mumps (Infectious Parotitis)

Mumps is a highly contagious, **vaccine-preventable** disease caused by infection with the mumps virus.

Transmission

Mumps is spread **person to person** through direct or indirect contact with mouth or nose secretions.

Symptoms

The most characteristic mumps symptom is **parotitis** which presents as **swollen glands on the face and jaw**. Other nonspecific symptoms include fever, headache, earache, and joint pain. Mumps may also cause a person's testicles or ovaries to swell and can lead to **infertility** in both men and women. Mumps may infect the embryo or fetus of a pregnant person and cause **miscarriage** or **stillbirth**.

Diagnosis

Laboratory testing is needed to diagnose mumps. A health care provider will take a swab of the inside of the cheek.

Treatment

Currently, there is no specific treatment for mumps. Management of patients with mumps consists mainly of ensuring adequate intake of water and food, bed rest, and fever control.

Prevention

- All children between 12 and 15 months of age should be vaccinated with the first dose of MMR (measles, mumps and rubella vaccine). A booster dose of MMR is recommended at 4 to 6 years of age. Two doses of mumps-containing vaccine are about 88 percent effective in preventing illness. **Children are required to have documentation of vaccination against mumps in order to attend early childhood facilities, schools and colleges in North Dakota.**
- The immunization status of all children and staff at schools or early childhood facilities should be reviewed.
- During mumps outbreaks, exposed children and staff who have not been immunized should be excluded until they are vaccinated, or, if they refuse vaccination, they should continue to be excluded until the NDHHS determines it is safe for them to return.
- During mumps outbreaks, the NDHHS may recommend that certain individuals receive a third dose of MMR vaccine.

Cost should not be a barrier to vaccination. The Vaccines for Children (VFC) Program provides all recommended vaccines to children who are American Indian, uninsured or underinsured, and Medicaid-eligible. Many recommended vaccines are also available for uninsured adults. Vaccines are available at your local health care provider, public health department or pharmacy.

Exclusion Guidance

A person with mumps should not be allowed to attend child care, school or work for five days after the onset of symptoms. A person with mumps is most contagious 48 hours before symptoms start.

For additional information about mumps, contact the North Dakota Department of Health and Human Services' Public Health Division at 800.427.2180.

Suspected cases should be reported immediately to the North Dakota Department of Health and Human Services.

Resources:

1. Centers for Disease Control and Prevention. (2021, March 8). *CDC Mumps*. Centers for Disease Control and Prevention. Retrieved June 27, 2023, <https://www.cdc.gov/mumps/>.
2. Kimberlin, D. W., Barnett, E. D., Lynfield, R., Sawyer, M. H. (2021) Red Book: 2021-2024 Report of the Committee on Infectious Diseases. 32nd ed. American Academy of Pediatrics. [Management and Prevention of Infectious Diseases; Mumps] [pages 538-543].

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