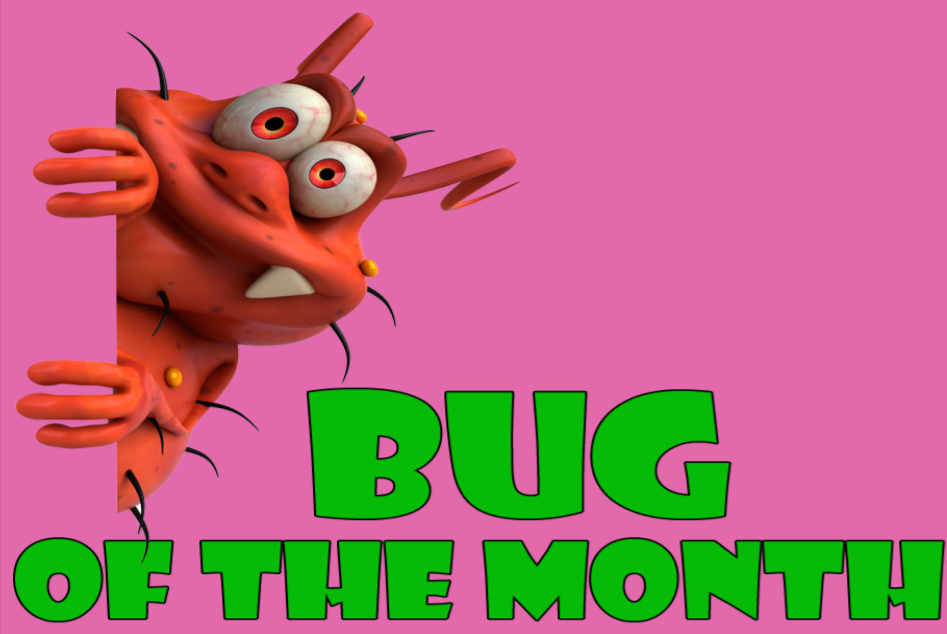


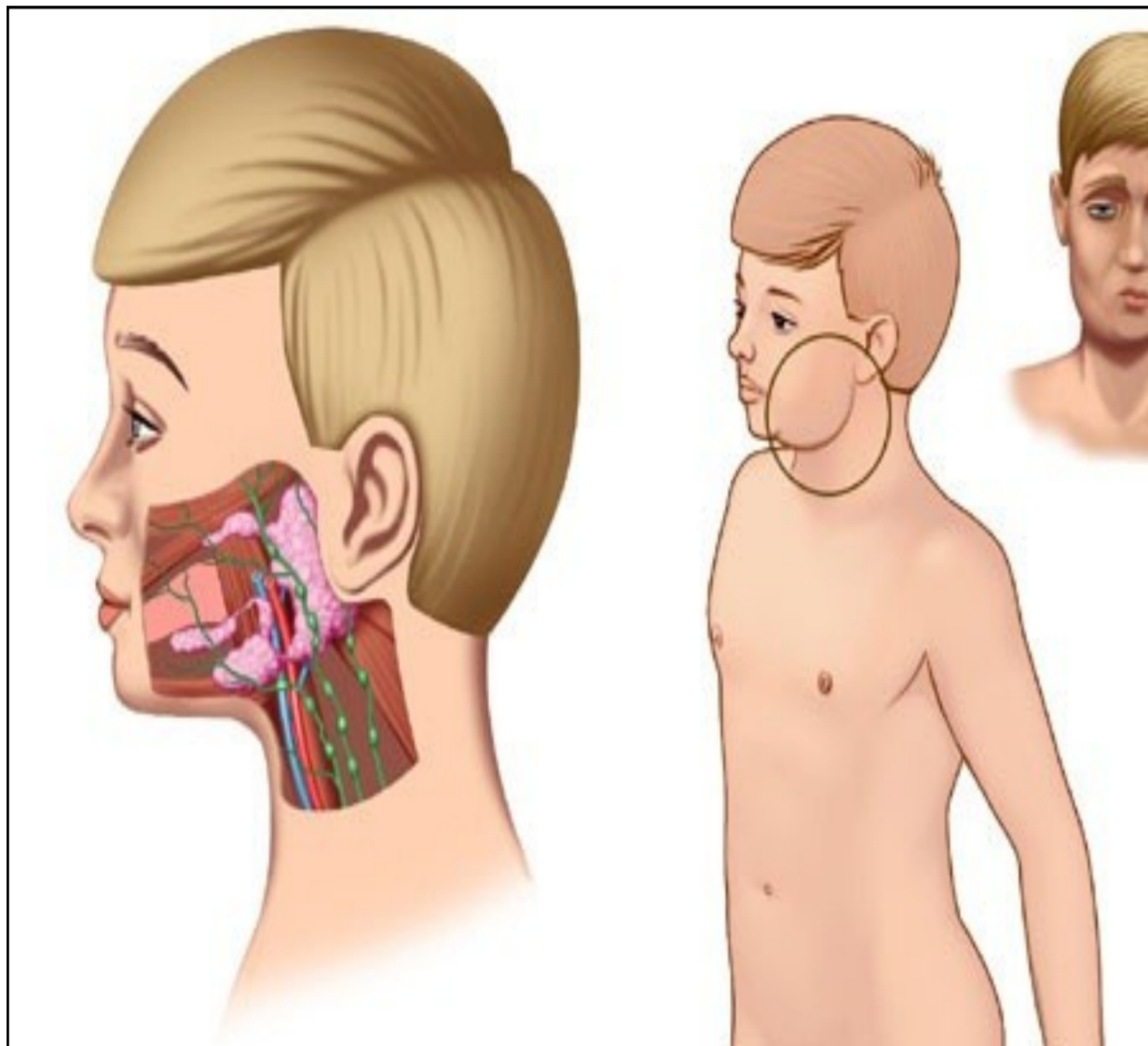
For Staff /Patient Education



Mumps

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What is it?



- Mumps is a contagious disease caused by a virus.
- The virus is a paramyxovirus in the same group as parainfluenza and Newcastle disease (bird disease) virus.
- The incubation period of mumps is 12 to 25 days, but parotitis typically develops 16 to 18 days after exposure to mumps virus.
- Mumps usually causes the following symptoms for about 7 to 10 days:
 - Fever
 - Headache
 - Muscle aches
 - Tiredness
 - Loss of appetite (not wanting to eat)
 - Swollen glands under the ears or jaw (Parotitis) is the most common manifestation.

- Some people who get mumps do not have symptoms. Others may feel sick but will not have swollen gland

How is it spread?

- Mumps is spread through airborne transmission or by direct contact with infected droplet nuclei or saliva.

Where is it found?

- Mumps is a human disease. Although persons with asymptomatic or non-classical infection can transmit the virus, no carrier state is known to exist.

Prevention and Control?

- The best way to protect against mumps is to get the measles-mumps-rubella shot (called the MMR shot). Doctors recommend that all children get the MMR shot.
- There is no treatment for mumps, and it can cause long-term health problems.
- Healthcare personnel with mumps illness should be excluded for 5 days after the onset of parotitis.
- In addition to [standard precautions](#), patients with clinical signs and symptoms of mumps illness should be cared for using [droplet precautions](#) with respiratory etiquette.
- Patients should be isolated for 5 days following onset of parotitis.
- Exclude healthcare personnel with active mumps illness and those who lack presumptive evidence of immunity who have had an unprotected exposure to mumps. Unprotected exposures are defined as being within three feet of a patient with a diagnosis of mumps without the use of proper personal protective equipment (e.g., mask).
- Irrespective of their immune status, all exposed healthcare personnel should report any signs or symptoms of mumps illness during the incubation period, from 12 through 25 days after exposure.

For more information contact:



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Sources:

1. <http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/mumps.pdf>
2. National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



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