



BEFORE THE MMR VACCINE,

MUMPS MADE

APPROXIMATELY

200,000

PEOPLE SICK

EACH YEAR IN THE U.S.

MUMPS

Mumps is a contagious disease caused by a virus. It is spread from person to person through coughing and sneezing and through close contact (even regular conversation) with infected people. The primary — and best known — sign of mumps is swollen salivary glands that cause the cheeks to puff out.

While usually a mild disease, mumps can also cause complications such as meningitis (swelling of the brain and spinal cord) and deafness. In addition, about one out of every four teenage or adult men who get mumps will develop a painful swelling of the testicles which can, although rarely, lead to sterility.

Outbreaks across the country continue to put people at risk.

SYMPTOMS

Some children infected with the mumps virus have either no signs or symptoms or very mild ones. When signs and symptoms do develop, they usually appear about two to three weeks after exposure to the virus and may include:

- Swollen, painful salivary glands on one or both sides of your face (parotitis)
- Fever
- Headache
- Weakness and fatigue
- Loss of appetite
- Pain while chewing or swallowing

PREVENTION

To prevent mumps, children should be vaccinated with the combined measles, mumps, and rubella (MMR) vaccine.

For the best protection against mumps, your children need to receive the two recommended doses of the vaccine. To see if your children are up-to-date on their vaccines, look at the [CDC's immunization schedule](#) and talk to your healthcare provider.