

Mumps

What is mumps?

- Uncommon in children with up-to-date immunizations
- A viral illness with swelling of one or more of the salivary glands

What are the signs or symptoms?

- Swollen glands in front of and below the ear, or under the jaw (no swelling or symptoms in one third of infections).
- Fever.
- Headache.
- Earache.
- In teenage boys, painful swelling of the testicles may occur. Girls may have swelling of the ovaries, which may cause abdominal pain.
- Complications include meningitis, deafness (usually permanent), glomerulonephritis (kidney), and inflammation of joints.
- Infection during pregnancy may kill or severely harm the fetus.

What are the incubation and contagious periods?

- Incubation period: 16 to 18 days
- Contagious period: From 1 to 2 days before to 5 days after swelling of glands, although virus can be isolated from saliva from 7 days before to 9 days after swelling of glands

How is it spread?

Direct contact with mouth or nose secretions

How do you control it?

- Measles, mumps, and rubella vaccine according to most recent recommendations. In 2007, a combined vaccine that includes varicella became available (MMRV). This combined vaccine or the separate MMR and varicella vaccines are to be given twice, once in the second year of life and again as a booster dose to older children.
- Review immunization status of all children.

What are the roles of the caregiver/teacher and the family?

- Report the infection to staff designated by the child care program or school for decision making and action related to care of ill children. That person, in turn, alerts possibly exposed family members and staff to watch for symptoms.
- Report the infection to the health department. If the health professional who makes the diagnosis does not inform the health department that the child who has the infection is



Child with mumps

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Child very swollen under the jaw and in the cheeks due to mumps

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a participant in a child care program or school, this could lead to a delay in controlling the spread.

- Refer to health professional.
- Ensure up-to-date immunization of children, staff, volunteers, and family members with MMRV vaccine according to current recommendations.

Exclude from group setting?

Yes.

- Mumps is a highly communicable illness for which routine exclusion of infected children is warranted.
- Mumps vaccine has not been shown to be effective in preventing infection after exposure. However, for outbreaks, exclude exposed children who have not been immunized until they become immunized or, if they are not immunized because of an accepted exemption, continue to exclude them until the health department determines it is safe for them to return. This may be as long as a month after the last case.

►continued

Mumps, continued

Readmit to group setting?

- Five days after onset of swelling
- When the child is able to participate and staff determine that they can care for the child without compromising their ability to care for the health and safety of the other children in the group

Comment

Most cases now occur in young adults.