



One minute guide to...

MUMPS

What is it?

Mumps is a highly contagious viral infection (spread by coughs and sneezes) that causes painful swellings in the sides of the face giving a person with mumps a distinctive 'hamster face' appearance. Other symptoms include headaches, joint pain and a high temperature that develop before the facial swelling.

The MMR vaccine is the best way to prevent mumps. The vaccine is given as 2 doses of Measles, Mumps and Rubella as part of the routine NHS childhood vaccinations.

How is mumps spread?

Mumps is spread through infected droplets of saliva that can be inhaled or picked up from surfaces and transferred into the mouth or nose. Individuals are most contagious a few days before and after the symptoms appear.

What to do to prevent the infection spreading?

- Wash your hands often with soap and hot water
- Use tissues to cover your nose when coughing or sneezing
- Throw used tissues in the bin
- Stay away from school or work for at least 5 days after your symptoms first developed

Treatment:

There is no cure for mumps, but the infection should pass within 1 to 2 weeks. However it is important to contact your GP if you suspect mumps so a diagnosis can be made as some symptoms are similar to other types of infection (that need treatment) such as glandular fever and tonsillitis. revisit your GP if you suspect any complications.

As a general precaution it is recommended that close contact with anyone with a mumps infection should be avoided during pregnancy, and advice should be taken from your GP or Midwife.

To relieve symptoms:

- Plenty of bed rest until your symptoms have passed
- Drink lot of fluids particularly water (but avoid acidic drinks that can irritate your throat)
- Use painkillers such as paracetamol or ibuprofen (not aspirin to under 16year olds)
- Apply a cool or warm compress to swollen glands to help relieve pain
- Eat foods that don't require a lot of chewing, such as soup, mashed potatoes, and scrambled eggs.

Further Information:

NHS information: <https://www.nhs.uk/conditions/mumps/>

Vaccination information: <https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

For further information and guidance please email UKHSA Health Protection Team Northwest: cl.hpt@ukhsa.gov.uk or phone 0344 225 0562.

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