



Mumps

Definition: Mumps is a contagious disease caused by the mumps virus

Signs and Symptoms: Mumps is best known for puffy cheeks and swollen jaw because of swollen salivary glands. Other symptoms may include fever, headache, muscle aches, tiredness, and loss of appetite. Symptoms typically appear 16-18 days after infection, but this period can range from 12-25 days after infection.

Transmission: Mumps is spread through saliva or mucus from the mouth, nose, or throat. An infected person can spread the virus by coughing, sneezing, or talking, sharing items such as cups or eating utensils with others, and touching objects or surfaces with unwashed hands that are then touched by others. Mumps is contagious three days before the salivary glands begin to swell and for up to five days after the swelling begins.

Diagnosis: The primary care provider will order laboratory testing on blood and a buccal swab to establish diagnosis of mumps.

Role of the School Nurse:

- **Prevention:** Mumps can be prevented through the MMR vaccine (measles, mumps, rubella); children should be immunized at 12-15 months and again at 4-5 years old.
- **Treatment:** There is no specific treatment. Supportive care should be given as needed. If someone becomes very ill, they should seek medical attention and should call their doctor in advance so that they don't have to sit in the waiting room for a long time and possibly infect other patients.
- **Exclusions:** Case should be excluded from school and school related activities for 5 days from date of onset of symptoms or specimen collection date (if asymptomatic). Exclusion of unvaccinated students will be recommended in conjunction with Maine CDC. By Maine law, a child not mumps immunized or immune shall be excluded from school for **18 days** from the onset of symptoms of the last identified case. Unimmunized or nonimmune children can return to school immediately if they receive 1 dose of MMR vaccine.
- **Referral:** Student with clinically compatible illness should be referred to primary care provider

Reporting Requirements: Mumps must be reported immediately at first suspicion of the disease. Report cases to Maine CDC at 1-800-821-5821.

Resources Revised:

- Federal CDC link: <http://www.cdc.gov/mumps/index.html>
- Maine Immunization Program website: <https://www.immunizeme.org>
- Maine CDC link: www.maine.gov/dhhs/mumps