

# Mumps



## WHAT IS IT?

**Mumps** is a viral disease caused by an enveloped RNA virus. It affects the salivary glands and lymph nodes leading to a tender swollen jaw occurring about 16 days after exposure. Mumps is transmitted through contact with saliva or respiratory droplets via coughs, sneezes or sharing of items (e.g., cups) that may have saliva on them.

Most cases resolve on their own, but serious complications can occur, including deafness, testicular swelling and encephalitis.

## WHY SHOULD I CARE?

- **~1,000** mumps cases occur annually in the US.
- Incidence may be as high as **1,000 per 100,000** people in regions without widespread vaccine uptake.
- **1/3** of cases are asymptomatic, but these cases can still spread the illness.
- With the case fatality rate of mumps estimated to be **1 per 10,000**, death can occur, but is rare.

## SIGNS & SYMPTOMS



## WHAT DO I DO ABOUT IT?

1. Persons ill with mumps should isolate themselves to avoid spreading the disease to susceptible individuals.
2. Before travel to an area where mumps may be endemic, be sure vaccines are up to date, following guidance from public health authorities such as the CDC.
3. Disinfect surfaces that may have viral particles on them with products effective against enveloped viruses, following all label directions.
4. Practice good hand hygiene.
5. Vaccines:
  - Preventive vaccines are available and recommended, starting at 12 months of age with a later booster.
  - The vaccine can be given prophylactically within a short time after exposure to those at high risk for acquiring mumps.

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