

# Mumps

Mumps is a viral infection of the parotid glands that are located in front of and below each ear. Mumps is spread very easily.

Common **symptoms** are swelling below the ear on one or both sides of the neck and pain that gets worse with jaw movement. It takes about 14 to 18 days after being exposed to mumps for swelling to develop.

## HOW TO CARE FOR YOURSELF AT HOME

There are no specific treatments for mumps, the symptoms will pass on their own. People usually get better in about 2 weeks.

- + Use acetaminophen (Tylenol) or ibuprofen (Advil) to help with fever and discomfort.
- + Mumps is contagious until the swelling is gone, usually about one week. Keep away from pregnant women and other persons who have not had mumps or a mumps vaccine. People who are not protected should call their doctor to see if they should get the mumps vaccine.
- + Applying warm or cold pads to the swollen area may help relieve pain.
- + Rest as much as possible.
- + You may eat normally, with extra fluids (hot or cold) added to the diet such as water.
- + Avoid foods that require lots of chewing. Fruit juices may increase the pain, as they stimulate salivary gland secretions and should be avoided.

## WHEN TO GET HELP

**Go to the nearest Emergency Department** if you are experiencing any of the following:

- + Convulsion (seizure), twitching of the face, confusion or unusual drowsiness.
- + Severe headache that is not relieved by acetaminophen (Tylenol).
- + A temperature over 39.4°C (103°F), not relieved by acetaminophen (Tylenol).

**See your family doctor** if you are experiencing any of the following:

- + Pain or swelling of the testicles.
- + Discomfort or redness in the eyes.
- + Skin over the swollen area becomes red.
- + Swelling lasting 8 days or more.
- + Hearing problems.
- + Abdominal pain.

## TO LEARN MORE ASK

- + Your family doctor.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

## RECOMMENDED FOLLOW UP

- Follow up with your primary care provider in \_\_\_ days.

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Find this information sheet on the BC Emergency Medicine Network website:

[www.bcemn.ca/clinical\\_resource/mumps/](http://www.bcemn.ca/clinical_resource/mumps/)