

Do you want to know?

Mumps

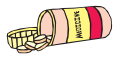
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What is it?

Mumps is an acute viral disease caused by the mumps virus usually acquired during childhood. The most common symptom is high temperature with prominent swelling of the saliva-producing glands near the ears. The swelling can occur on one or both sides. Some people have pain, headaches, loss of appetite and swelling of the testicles. Mumps can easily spread from one person to another by contact with saliva or through air (coughing, sneezing). Symptoms occur 14 to 25 days following exposure. The entire disease course may last for up to one month. An infected person can be infectious to others about 6 days before and 9 days after the onset of the salivary gland swelling. Mumps is usually prevented by receiving the mumps vaccine, included with the other regular childhood vaccines.

What do you need to know?

Drugs



- Take medications as prescribed by your physician to control your pain and temperature.

Diet



- Eat soft foods such as bananas, pasta, potatoes, eggs, cooked vegetables..., as they do not require a lot of chewing.
- Encourage fluid intake as prescribed to maintain adequate hydration.
- Avoid beverages and sour foods (i.e. orange juice, salad dressings and pickles) as they may irritate the swelling and cause pain.

Activity



- Have adequate periods of rest to conserve energy.
- Stay away of school or work place until at least 9

days after the onset of swelling to avoid transmission of disease.



Therapeutic Measures

- Manage high temperature by taking medications, sponge baths and wearing minimal clothing.
- Apply warm or cold compresses, whichever is more Comfortable.
- Support scrotum with a small pillow or a sling between the thighs. Wearing tight-fitting under pants may give comfort in some cases.

Considerations



- Monitor for signs indicating complications of mumps such as severe headache, stiff neck, joint pain, flank pain, seizures (jerking, staring), continued high temperature or abdominal pain.
- Ensure people in contact are immunized for mumps.
- Avoid sharing eating utensils with others temporarily.
- Employ respiratory isolation for 9 days after onset of swelling.
- Avoid contact with pregnant women because mumps infection during the first trimester increases the rate of spontaneous abortion.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.