

## UNIVERSITY STUDENT HEALTH SERVICES • Fact Sheet

**MUMPS****WHAT IS IT?**

Mumps is an illness caused by the mumps virus and has occurred on some college campuses.

**WHAT ARE THE SYMPTOMS?**

Mumps classically presents with pain and swelling in the jaw and/or cheek area due to inflammation of the parotid salivary glands on one or both sides of the face. Other common symptoms include fever (usually low-grade), headache, muscle aches, fatigue, and loss of appetite.

Symptoms usually resolve on their own within one week. Very rarely, mumps can lead to complications, such as inflammation of the testicles (orchitis), ovaries (oophoritis), or lining of the brain & spinal cord (meningitis).

**HOW DO YOU GET MUMPS?**

Mumps is spread by respiratory droplets from the nose and throat of an infected person. This can occur through coughing/sneezing, kissing, sharing beverages/lip balm, or contact with contaminated surfaces. It takes about 12-25 days after exposure to the virus for symptoms to develop. However, it is possible to transmit the virus as early as 3 days before symptoms begin.

**WHAT SHOULD I DO IF I AM FEELING ILL?**

Contact Student Health Services to arrange an appointment (828-8828 at Monroe Park & 828-9220 at MCV). It is important to be seen so that our providers can test you for the mumps virus and discuss ways to decrease symptoms and avoid spreading the illness to others.

**WHAT CAN I DO TO KEEP OTHERS FROM GETTING SICK?**

Mumps is an illness that can spread easily and pose a public health concern. If you are diagnosed with mumps, it is very important to:

- Isolate yourself at home to decrease transmission to others. This means avoiding public areas, events, parties, and other activities for at least **5 days** after the onset of swollen glands.
- If you have a VCU meal plan, a friend can use your student ID to purchase meals for you.
- Wear a mask if you will be in a common area of your living space. Place the mask in a bag before disposing of it. Also remember to clean frequently touched areas.
- Practice good respiratory etiquette by covering your mouth and nose if you cough or sneeze (use your elbow if a tissue is not available), properly disposing of tissues, washing your hands often, and not sharing drinks (cups, cans, bottles, etc.).

**WHAT IS THE TREATMENT ?**

For most cases, the supportive care measures below are sufficient:

- Rest as much as possible throughout the isolation period.
- Drink plenty of non-caffeinated fluids, like water, tea, and sports drinks. Avoid acidic juices.
- Take ibuprofen or acetaminophen to treat fever and/or pain. Take ibuprofen with food to avoid an upset stomach.
- Warm or cool packs may provide relief from jaw symptoms.

**HOW DO I MINIMIZE MY CHANCES OF GETTING MUMPS?**

- Review your vaccination history to be sure you received both doses of the mumps vaccine. The mumps vaccine is the most effective way to prevent infection. However, there is still a 10% chance of getting mumps after vaccination.
- Wash your hands often and well. Use hand sanitizer if soap and water are not available.
- Do not share drinks out of the same glass, cup, can, or bottle with others.
- Regularly clean surfaces that are frequently touched by other people (tables, doorknobs, countertops, etc.).

**RECOMMENDED WEBSITE:** [www.cdc.gov/mumps/index.html](http://www.cdc.gov/mumps/index.html)