



# Mumps

Mumps is an infectious disease caused by a virus. It is not usually serious, but in a few cases can lead to serious complications.

## Catching mumps

Mumps is spread by coughs and sneezes.

The virus can be breathed in or picked up from infected surfaces.

A person with mumps is most infectious a few days before the symptoms start and for a few days afterwards.

## Symptoms of mumps



swollen cheeks



pain when swallowing



fever



headache



muscle pain

The most common symptom of mumps is painful swelling at the side of the face below the ears. Other symptoms include feeling sick, dry mouth, tummy pain, feeling tired and loss of appetite. If you get mumps you will feel unwell for 1 - 2 weeks. There is no treatment or cure for mumps.

If you think you might have mumps, it's important to call your GP surgery. You will need to stay away from other people to avoid spreading the disease.

## Possible complications



swollen testes or ovaries



hearing loss



meningitis



pancreatitis

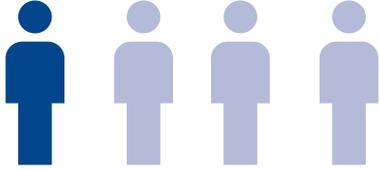


encephalitis

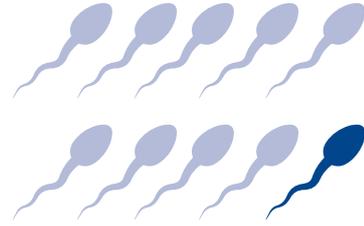
## Mumps in numbers

1 in 4 teenage boys and men who catch mumps get swollen testicles.

Just under half of those affected notice some shrinkage of their testicles afterwards.



1 in 10 men experience a drop in their sperm count (the amount of healthy sperm their body can produce) after mumps infection.



1 in 1,000 cases of mumps lead to a brain infection which in rare cases can be fatal.



## Preventing mumps

MMR vaccination is the only way to prevent mumps.

Everyone needs two doses of the MMR vaccine, ideally given at 1 year old and at 3 years and 4 months old. The MMR vaccine also protects against measles and rubella.

The MMR vaccine works very well. After 2 doses, 88% of people will be protected against mumps.

The vaccine is free for everyone. If you or your child missed a dose, contact your GP surgery to catch up. You are never too old to have the vaccine.

**1st dose age 1**



**2nd dose age 3 years and 4 months**



### More about mumps



(nhs.uk)



(ox.ac.uk)

### More about the MMR vaccine



(nhs.uk)

This is not a diagnostic tool. If you think your child might have measles, call your GP surgery or 111 right away.

Developed by NHS North Central London Integrated Care Board.