



Mumps

What is mumps?

Mumps is a viral infection of the parotid gland, a gland which produces saliva and is located in front of and below each ear. If your child has mumps, he or she was exposed to another person with mumps 16 to 18 days earlier.

With mumps your child will have:

- A swollen parotid gland in front of the ear and crossing the corner of the jaw (both parotid glands are swollen in 70% of children)
- Tenderness of the swollen gland
- Increased pain when chewing
- Fever over 100F (37.8C).

Mumps can be prevented if your child receives a mumps vaccine (as part of the MMR immunization) between 12 and 15 months of age.

How long does it last?

The fever is usually gone in 3 to 4 days. The swelling and pain are gone in 7 days.

How can I take care of my child?

- **Pain and fever relief** Give acetaminophen (Tylenol) or ibuprofen (Advil). A cold pack put on the swollen area may also relieve pain.
- **Diet**
 - Avoid sour foods or citrus fruits that increase saliva production and parotid swelling.
 - Avoid foods that require lots of chewing.
 - Consider a liquid diet if chewing is very painful.
- **Contagiousness** The disease is contagious until the swelling is gone (usually 6 or 7 days). Your child should be kept out of school and away from other children who have not had mumps or the mumps vaccine.
- **Mumps vaccine** If your child or teen has not received the mumps vaccine and has not had mumps, he or she needs to get the vaccine. Only 10% of adults who have no record of mumps are really susceptible. Adults who as children lived in the same household with siblings who had mumps can be considered protected. Those who are not protected should call their health care provider during office hours to see if the mumps vaccine would be helpful. Adult and teen males who get mumps have a 25% chance of having a swollen testicle along with

the other symptoms of mumps. Usually only one testicle is affected. If swelling occurs in just one testicle it won't cause fertility problems. Even if both testicles become swollen, it rarely causes sterility.

When should I call Idaho Falls Pediatrics?

Call IMMEDIATELY if:

- Your child develops a stiff neck or severe headache.
- Your child vomits repeatedly.
- Your child starts acting very sick.
- Your son's testicle becomes painful.

Call during office hours if:

- The swelling lasts more than 7 days.
- The fever lasts more than 4 days.
- The skin over the mumps gland becomes reddened.

You have other concerns or questions. *NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.