

# Mumps Fact Sheet

## What is mumps?

- An acute viral illness that can be prevented with vaccine

## What are the symptoms of mumps?

- Swollen, painful salivary glands on one or both sides of your face
- Fever
- Headache
- Muscle aches
- Weakness and fatigue
- Loss of appetite
- Pain while chewing or swallowing

## How it is spread:

- Through saliva or mucus from the mouth, nose or throat
- Coughing
- Sneezing
- Sharing cups or utensils
- Touching objects or surfaces with unwashed hands

## How to stop the spread (precautions):

- Wash your hands frequently throughout the day
- Cover your cough/sneeze properly
- Sharing of drinks, water bottles, food and eating utensils, along with objects such as mouth guards should be avoided
- If you are feeling unwell, do not attend school, hockey, extracurricular activities

## How to prevent mumps?

- Make sure you and your child are up-to-date with immunizations
- For immunization information contact your health care provider or Northwestern Health Unit at 1-800-830-5978

## What to do if you have symptoms?

- Contact your doctor
- Contact the Emergency Room, clinic, or family health team before you go, so that they are aware you may have mumps and steps can be taken to avoid the spread of illness.



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