



Tallaght
University
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Ospidéal
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An Academic Partner of Trinity College Dublin

Complications of mumps may occur and can include:

- Meningitis
- Orchitis (testicular inflammation)
- Pancreatitis
- Encephalitis (brain inflammation)
- Deafness

Outlook from Mumps?

The outlook for young children with mumps is generally good because the symptoms should pass within two weeks without causing any long-term problems.

The outlook for teenagers and adults with mumps is slightly less positive because they have a higher risk of developing complications, some of which can be serious.

We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at the time of publication.

Reference: HPSC.ie



There is no **cure for Mumps**, but the patient should rest and drink plenty of fluids, especially water. To reduce the symptoms of pain and fever, an over-the-counter anti-inflammatory may be recommended such as ibuprofen. Home **remedies for mumps** include: a warm or cold compress to ease pain and tenderness.

Mumps

Patient Information leaflet

What are Mumps?

Mumps are a highly infectious disease caused by a virus. It is spread person to person.

The Mumps virus can affect the lining (meninges) of the brain and spinal cord.

Signs of Mumps

Mumps symptoms typically appear 12-25 days after exposure.

Symptoms can include fever, headache, tiredness and Swollen tender salivary glands and loss of appetite. Mumps is a highly contagious infection. People who are infected are most contagious for one to two days before the onset of symptoms, and for five days afterwards

Symptoms are usually gone within 10 days.

What to do if you suspect you have Mumps?

Mumps often gives the appearance of swollen cheeks or jaw. If you have mumps symptoms you should stay at home, do not go to work or public places until five days after the start of swelling and you are feeling completely well. Contact your GP and explain that you may have mumps. Pay special attention to hand hygiene thoroughly washing your hands with liquid soap. Each member of the family should have their own towel.

Dispose of tissues immediately after you use them and put them into the bin.

Protection against Mumps?

The best protection against mumps is to be fully vaccinated with two doses of the MMR (Measles-Mumps-Rubella) vaccine. Vaccination offers 95% protection. Keep vaccination records.

All medical practitioners are required to notify the Director of Public Health (DPH) of cases of Mumps. This information is used to investigate cases and changing levels of diseases, which can provide the evidence for public health interventions such as immunisation.