

Fast Facts

Mumps

- An infection that is caused by a virus
 - Spread easily through saliva
- Can contract if you breathe in droplets from an infected person's cough or sneeze or if you share utensils with an infected person
- Symptoms don't appear until two to three weeks after exposure
 - Remain contagious for about nine days after symptoms start
 - Complications are rare, but can be serious if they do occur
- Complications include encephalitis, meningitis, pancreatitis, orchitis, hearing loss, heart problems and miscarriage

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none">-Swollen salivary glands-Puffy cheeks-Pain in the affected gland-Pain when chewing/swallowing-Fever-Headache-Muscle aches-Weakness/fatigue-Loss of appetite	<p><i>Treat Symptoms:</i></p> <ul style="list-style-type: none">-Rest-Isolate from others-Take over-the-counter fever reducers/pain relievers (ibuprofen and acetaminophen)-Use warm/cool compresses on glands-Eat soft foods-Avoid sour foods-Drink plenty of water-Wear athletic supporter/cool compresses for swollen testicles	<ul style="list-style-type: none">-Get MMR vaccine

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