



Mumps

Your child may have been exposed to mumps. Mumps is a viral illness that can be prevented through vaccination.

If you think your child has mumps:

- Tell your childcare provider or call the school.
- Keep your child home from **childcare and school** until 5 days after swelling begins.
- If an outbreak of mumps occurs in your child's childcare or school, public health will let unvaccinated children and staff know how long they will need to stay home.
- For more information, call Hennepin County Epidemiology at 612-543-5230 or call your local health department.

Parent/Guardian information

Symptoms

Your child may have swollen glands in front of and below the ear. Your child may have a headache, muscle aches, earache, or a fever.

If your child is infected, it may take 12 to 25 days for symptoms to start.

Spread

- By coughing or sneezing.
- By touching contaminated hands, objects or surfaces.

Contagious period

For 2 days before until 5 days after illness begins. Most contagious 48 hours before illness begins.

Call your health care provider

If anyone in your home:

- Develops symptoms of mumps. A lab test may be done.
- Was exposed to mumps and has not had mumps or mumps vaccine in the past.

Mumps

Prevention

- In Minnesota, all children 15 months of age or older attending childcare or school must be vaccinated against mumps or have a legal exemption. Two doses or a legal exemption is required for kindergarten and seventh grade enrollment.
- Cover nose and mouth when coughing or sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Do not share anything that you put in your mouth, for example, beverage containers, eating utensils, cigarettes, toothbrushes, and lip balm.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.

Hennepin County Public Health
Epidemiology
612-543-5230
epi-envhlth@hennepin.us

Updated February 2025

