



Mumps

Consult the health department before posting or distributing the Parent/Guardian fact sheet.

School health and childcare provider information

Cause

Mumps virus.

Symptoms

Most commonly swollen salivary glands in front of and below the ear, headache, low-grade fever, muscle aches, loss of appetite, and earache. Approximately one-fifth of unvaccinated people infected with mumps virus have no symptoms. Orchitis (swelling of the testicles) is a common symptom in males after puberty. Rarely, swelling of the spinal cord and brain (encephalitis), inflammation of the ovaries (oophoritis) or breasts (mastitis), or deafness may occur. Serious problems from mumps are more common among adults than among children.

Spread

Mumps virus is spread when an infected person sneezes or coughs tiny droplets into the air and another person breathes them in. Also spread by touching the secretions from the nose or throat of an infected person and then touching one's eyes, nose, or mouth. Other examples of how the virus can be spread are through sharing toys, beverage containers, eating utensils, smoking materials, and kissing.

Incubation

It takes 12 to 25 days, usually about 16 to 18 days, from the time a person is exposed until symptoms begin.

Contagious period

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

Exclusion

Childcare and school: Until 5 days after swelling begins.

Exclude unvaccinated children and staff if two or more cases of mumps occur. Exclusion will last through at least 26 days after the onset of parotid gland swelling in the last person who developed mumps. If unvaccinated persons choose to be vaccinated, they can return to school or childcare immediately.

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Recommendations for exclusion should be done in collaboration with your local/state public health department.

Diagnosis

Swollen glands can be found with other illnesses. Swabs from the cheek, throat, or urine may be collected for testing. A blood test specific for mumps antibody may also be done.

Treatment

None, only supportive treatments to help relieve symptoms and address complications.

Prevention

- Minnesota state law requires that all children 15 months of age or older in childcare settings or school be vaccinated against mumps or have a legal exemption. Mumps vaccine is combined with measles and rubella (MMR) and given at 12-15 months and 4-6 years of age. Two doses or a legal exemption are required for kindergarten and seventh grade enrollment.
- Unvaccinated people who have been exposed to mumps should call their health care provider or local public health clinic as soon as possible to be vaccinated. Encourage parents/guardians to notify their childcare provider or school when their child is vaccinated so their records can be updated.
- Recommend staff stay home if they develop symptoms of mumps. Encourage parents/guardians to keep their child home if they develop symptoms of mumps.
- Cover nose and mouth with a tissue when coughing and sneezing or cough/sneeze into your sleeve. Dispose of used tissues in the trash.
- Do not allow sharing of beverage containers, eating utensils, smoking materials (cigarettes, cigars, snuff, pipes, etc.), toothbrushes, lip gloss, lip balm, and lipstick.
- Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth or handling used tissues. Thorough handwashing is the best way to prevent the spread of communicable diseases. If soap and water are not available, use an alcohol-based hand sanitizer.
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled (see Section 2)

For more information, call Hennepin County Epidemiology at 612-543-5320 or call your local health department.

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