

# Recognise, prevent spread, and notify

Be vigilant for mumps.  
Mumps is a potentially serious  
disease for children and  
young adults.

For more information:

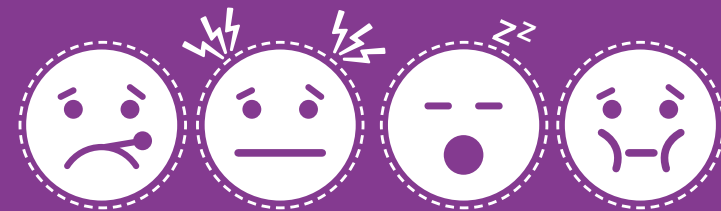
[www.hse.ie](http://www.hse.ie)  
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# MUMMPS

## Recognise, prevent spread, and notify

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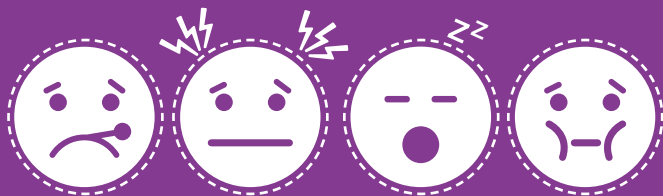
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Mumps symptoms typically appear 12-25 days after exposure. Symptoms include fever, headache, tiredness and swollen, tender salivary glands. Symptoms have usually resolved within 10 days.

### How to recognise mumps:

- Incubation period 12-25 days after exposure
- **fever**
- **tiredness and loss of appetite**
- **headache**
- **swollen and tender salivary glands** (giving the appearance of swollen cheeks or jaw)



Swollen tender salivary glands are a common symptom of mumps, usually the parotid gland which is located just below the front of the ear.

Picture sourced: CDC Public Health Image Library

### Complications of mumps may occur and can include:

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

## What to do if you have a suspected case:

- 1 Isolate** any person who presents to your surgery/hospital with suspected mumps. Mumps is transmitted through prolonged, close contact with someone with mumps. Isolate for five days after the salivary glands begin to swell. Individuals with mumps should not go to work or school but should stay at home and limit contact with the other people in the house.
- 2 Get laboratory diagnosis.**
  - a. An **oral fluid swab** (ORACOL®) should be sent to the NVRL as soon as possible after symptom onset.
  - b. If ORACOL® swabs not available, take a throat swab and serum for antibody testing. Virus can be detected from urine two weeks after symptom onset.
- 3 Send in the date of onset and vaccination status of the case.**
- 4 Contact the Department of Public Health in your region** as soon as possible if you suspect that a person has mumps. [www.hpsc.ie/NotifiableDiseases/Whotonotify](http://www.hpsc.ie/NotifiableDiseases/Whotonotify)
- 5 Advise patient to stay at home until 5 days after onset of gland swelling** to prevent infection spreading.

