Mumps is a viral infection of the salivary glands. The virus is found in respiratory droplets and is spread by coughing, sneezing, or coming into contact with a person’s saliva.

The Measles, Mumps, and Rubella (MMR) vaccine protects against mumps:

- 2 doses of MMR are 88% effective in preventing mumps.

Signs and symptoms occur 16-18 days after exposure:
- Fever
- Headache
- Muscle Aches
- Tiredness
- Swollen salivary glands on one or both sides (parotitis)
- Loss of appetite

The infectious period for mumps:
- 2 days before onset of parotitis
- 5 days after

To prevent transmission, patients must stay home for 5 days following onset of parotitis.

1-10% will develop complications:
- Inflammation of the testicles (orchitis)
- Inflammation of the ovaries (oophoritis)
- Meningitis
- Encephalitis
- Deafness

Reported mumps cases in the United States 2010-2016

*Prior to 2016, an average of 1 case was reported each year in Montana.