



Mumps

Report a case or suspect case **within 24 hours** to local public health

Additional Information:

Outbreaks can be seen in school settings.

Complications of the disease can include painful inflammation of the testes and ovaries, hearing loss, and inflammation of the joints.

Identify children who are susceptible to mumps by reviewing their immunization histories.

Mumps is a viral illness caused by the mumps virus

Symptoms can include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen salivary glands

Some individuals may not have any or only mild symptoms.

Incubation Period	12–25 days
Contagious Period	5 days after onset of swollen salivary glands

Recommended Actions

Exclude and refer to a health care provider.

Cases:

Exclude cases or suspect cases until 5 days after the onset of parotid gland or facial swelling.

Contacts:

Exclusions for contacts will be determined by the local health agency.

Please see [Arizona Administrative Code R9-6-353](#) for specific language.

If you have questions please call public health for assistance and recommendations.

Transmission

Contact with the secretions of the nose, mouth and throat of an infected individual. The secretions may be on surfaces or in infected droplets in the air.

Prevention

Vaccination is the best prevention method.

MMR vaccine is recommended at 12-15 months and at 4-6 years.

[CDC Updated Vaccine Schedule](#)

Resources

- [ADHS Mumps Fact Sheet](#)
- [CDC Mumps](#)