

Mumps

Definition: Mumps is a contagious disease that is caused by the mumps virus. Mumps typically starts with a few days of fever; headache, muscle aches, tiredness, and loss of appetite, and is followed by swelling of salivary glands. Anyone who is not immune from either previous mumps infection or from vaccination can get mumps

Transmission: Mumps is spread by droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes or talks. Items used by an infected person, such as cups or soft drink cans, can also be contaminated with the virus, which may spread to others if those items are shared. In addition, the virus may spread when someone with mumps touches items or surfaces without washing their hands and someone else then touches the same surface and rubs their mouth or nose

Symptoms: Symptoms typically appear 16-18 days after infection, but this period can range from 12-25 days after infection.

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears on one or both sides (parotitis)

Exposure: Droplets of saliva or mucous from the mouth, nose or throat of an infected person. If you are sprayed by these secretions in your eyes or face you should clean using soap and water. The medic unit shall be totally disinfected with all surfaces cleaned that the patient had contact with.

Precautions and PPE considerations: Gloves and a mask should be worn. Due to the droplets the patient should be masked also. Consider using the vent fan also.

Treatments: Most mumps transmission likely occurs before the salivary glands begin to swell and up to 5 days after the swelling begins. Therefore, CDC recommends isolation of mumps patients for 5 days after their glands begin to swell. There is no medicinal cure for Mumps. Supportive care is the patient's main need.

Work Guidelines: Post exposure without evidence of mumps immunity provider should be excluded from duty and rechecked at 12 and 25 days past the event. Personnel should be excluded from duty 5 days after the onset of parotitis