Mumps
Frequently Asked Questions

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The Hawaii State Department of Health (DOH) has been investigating an increasing number of cases of mumps infection statewide. The disease has been confirmed in children and adults, both vaccinated and unvaccinated.

What can I do to prevent mumps?

The best way to prevent mumps is to get vaccinated. The MMR vaccine protects against measles, mumps, and rubella.

- All children should receive two doses of MMR vaccine. The first dose is typically given at age 12–15 months and the second dose at age 4–6 years.
- All adults born in or after 1957, without evidence of immunity to mumps, who cannot verify previous MMR vaccination, should receive one MMR dose.
- Individuals with only one documented MMR dose, are strongly encouraged to consider receiving a second MMR vaccine dose.

I remember receiving the MMR vaccine as a child, but I can't find my record. Is it harmful to receive the MMR vaccine again?

Self-reported doses of MMR vaccine without written documentation should not be accepted as valid. Persons without adequate documentation should be considered as "not vaccinated" and should receive age-appropriate vaccination. In general, although it is not ideal, receiving extra doses of vaccine poses no medical problem.

What else can I do to prevent mumps?

In addition to getting vaccinated, practice good health habits including covering the nose and mouth with a tissue or arm when sneezing or coughing, and frequent and proper hand washing.

Can a person who has received 2 doses of MMR vaccine still get mumps?

Yes. While the best way to prevent mumps is to get vaccinated, no vaccine is 100% effective. The MMR vaccine prevents most, but not all, cases of mumps. Two doses of vaccine are 88% effective at protecting against mumps and one dose is 78% effective. This means if 100 people all received two doses of vaccine, 12 of them will still be able to get infected because, unlike the others, their immune system didn't recognize the vaccine and so won't protect them from infection.

How is mumps spread?

Mumps is spread through saliva or mucus via coughing, sneezing or talking, and also through physical contact with contaminated objects or surfaces.

Persons with mumps are infectious several days *before* they develop swollen glands, making it challenging to avoid exposure to mumps in close spaces such as schools and offices.

What are the symptoms of mumps?

The most common symptoms include fever, headache, muscle aches, tiredness, loss of appetite, and swollen and tender salivary glands in front of the ears on one or both sides (parotitis). Some people who get mumps have very mild or no symptoms. Others may feel sick but will not have swollen glands.

Symptoms usually start 16–18 days after infection with the virus, but the onset can range from 12–25 days.

Most people with mumps recover completely in a few weeks.

What should I do if I think I have mumps?

Consult your health care provider and **remain at home to avoid spreading the disease to others** until cleared for return to work or school. According to Hawaii State Law, a person with mumps may not attend school, work, or travel for 9 days after the start of swollen salivary glands.

What if I don't have health insurance or a healthcare provider?

For assistance, call Aloha United Way 2-1-1.

For more information about mumps, visit http://health.hawaii.gov/docd/disease_listing/mumps/.