

Corsicana – Navarro County Public Health District

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Mumps

The Texas Department of State Health Services in conjunction with area health departments is currently investigating several mumps cases as well as mumps outbreaks in North Texas. A case has been confirmed by laboratory testing at Navarro College. Due to the contagious nature of mumps, please be aware of the following information regarding mumps and recommendations to prevent its spread:

- Mumps is a contagious disease caused by a virus. It spreads easily from person-to-person through saliva, coughing and sneezing.
- People with mumps typically become ill about 16-18 (but may range from 12-25) days after having contact with someone who is infected with the virus. Symptoms include low-grade fever, headache, muscle aches, tiredness, loss of appetite (not wanting to eat) and swollen glands under the ears or jaw. Mumps can spread 2 days before gland swelling and up to 5 days afterwards. Some people may become infected with the virus but have no signs or symptoms.
- There is no treatment for mumps, and it can cause long-term health problems in a small number of those who become ill including temporary or permanent deafness, swelling of the brain (encephalitis), sterility (inability to reproduce) and in very rare cases death.

Recommendations:

- The best way to protect against mumps is to receive two doses of the MMR vaccine; a third dose is recommended for those at high risk of contracting the virus. At this time, a third dose is only being recommended for a limited number of individuals who have been identified as close contacts to a known mumps case.
- If a person develops signs or symptoms of possible mumps infection they should not attend work, school or other public places/activities. If mumps is suspected, ill persons should stay home for 5 days after swelling began (return to work, school, etc. on the 6th day). Ill persons should contact their healthcare provider and let them know they have mumps.

If you have any questions, please contact the Corsicana-Navarro County Public Health District at (903) 874-6731