

Mumps

Mumps is a contagious disease caused by the mumps virus.

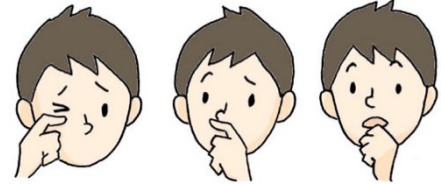
« Transmission »



Droplet

Respiratory droplets with a diameter of 5 μm or greater released by sneezing, coughing, and talking, can spread the virus to others by reaching their eyes, nose and mouth.

You unconsciously touch your eyes, nose, and mouth.



Surface

People tend to unintentionally touch their face after touching frequently touched contaminated surfaces*.

*Frequently touched contaminated surfaces: Parts that many people touch such as doorknob, switch, handrail, etc. It is more likely to be contaminated there than elsewhere.

« Infectious period »

A few days before until 5 days after the onset of Parotitis

« Reproduction Number R0 (Contagiousness) »

Measles > Varicella > **Mumps**, Rubella > Influenza

« Incubation period »

2-3 weeks (average around 18 days)

« Complications »

Meningitis (3-10%): headache, nausea, convulsions

Orchitis: 25% of post pubertal patients

Ovaritis: 7% of post pubertal patients

Pancreatitis: severe abdominal pain

Hearing loss
is difficult to
recover.



It can cause spontaneous abortion if pregnant woman is infected.

« Symptoms »

It is characterized by swelling of the salivary glands (70%) under the ears on one or both sides. You experience pressure pain on it. Swallowing may be painful too. Fever may occur.



Parotid gland

Sublingual gland

Submandibular gland

Symptoms may also occur in salivary glands under the jaw.

« Symptoms resolve within 1-2 weeks »

- There is no specific treatment for mumps. To aid recovery, pain relievers are available to lessen symptoms.
- You must isolate yourself (stay away from campus and avoid contact with others) until at least 5 days after the start of swollen salivary glands, and also until your physical condition recovers.

« Preventions »

- Get vaccine twice (at least 4 weeks apart).
✖Without vaccination, the symptoms can easily become severe.
- If you are unvaccinated, vaccinated only once, or have no record, take an antibody titer test to check if you are immune.
- Wear a mask especially at densely populated areas.
- When coughing or sneezing, use a mask, tissue handkerchief, or sleeve to hold your mouth and nose.
- Ventilate rooms.
- Wash or sanitize your hands.
- Disinfect frequently touched surfaces.

