Emergency Department

Mumps

General Information

Mumps is a viral infection of a gland that is located in front of and below each ear. Mumps is spread very easily. Its most common symptoms are swelling below the ear on one or both sides of the neck and pain that gets worse with jaw movement. It takes about 14 to 18 days after being exposed to mumps for swelling to develop.

Instructions

There are no specific treatments for mumps, the symptoms will pass on their own. People usually get better in about 2 weeks.

1. Use acetaminophen (Tylenol) or ibuprofen (Advil) to help with fever and discomfort.
2. Mumps is contagious until the swelling is gone, usually about one week. Keep away from pregnant women and other persons who have not had mumps or a mumps vaccine. People who are not protected should call their doctor to see if they should get the mumps vaccine.
3. Applying warm or cold pads to the swollen area may help relieve pain.
4. Rest as much as possible.
5. You may eat normally, with extra fluids added to the diet such as ginger ale, cola, iced tea, water or jello. Avoid foods that require lots of chewing. Fruit juices may increase the pain and should be avoided.

Return to Emergency if any of the following develop

- Convulsion (seizure), twitching of the face, confusion or unusual drowsiness.
- Severe headache that is not relieved by acetaminophen (Tylenol).
- A temperature over 39.4°C (103°F), not relieved by acetaminophen (Tylenol).

Contact your Family Doctor if any of the following develop

- Pain or swelling of the testicles.
- Discomfort or redness in the eyes.
- Skin over the swollen area that becomes red.
- Swelling lasting 8 days or more.
- Hearing problems

For more information or questions contact HealthLinkBC at 811.