

## Mumps/Epidemic parotitis

Mumps is a contagious disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, followed by swollen salivary glands.

### Signs and Symptoms

Mumps is best known for the puffy cheeks and swollen jaw that it causes. This is a result of swollen salivary glands.

The most common symptoms include:

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

Most people with mumps recover completely in a few weeks. Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease.

### Incubation period

Symptoms typically appear 16-18 days after infection; the incubation period ranges from 12 to 25 days.

### How Mumps Spreads

Mumps spreads through saliva or mucus from the mouth, nose, or throat. An infected person can spread the virus by

- coughing, sneezing, or talking,
- sharing items, such as cups or eating utensils, with others, and
- touching objects or surfaces with unwashed hands that are then touched by others.

(From "Mumps," Centers for Disease Control and Prevention, <https://www.cdc.gov/mumps/index.html>)

## Prevention

The most important step to prevent mumps is to check your antibody level, and get a mumps vaccination if the antibody is negative. It is quite important especially for students and staff of School of Medicine or Education, and University Hospital staff. Covering coughs and sneezes and frequent hand washing are recommended to help slow the spread of the virus.

## If You Get Mumps

Please avoid coming University to attend classes or to work for. Contact your department office and Health Service Center.

- **Standard Period of Suspension of Attendance**

Until 5 days passed since the onset of swelling of parotid, submandibular, or sublingual gland, and general condition has been improved. (Enforcement Regulations for the School Health and Safety Act)

- **For University Hospital staff (including students under clinical training)**

First of all, contact Department of Infection Control, University Hospital (Tel:082-257-5372), and follow the order.

Please contact us if you have a question.

Health Service Center (email: [health@hiroshima-u.ac.jp](mailto:health@hiroshima-u.ac.jp))