MUMPS

- Symptoms of mumps usually develop 14 to 25 days after a person is infected with the mumps virus (incubation period). The average incubation period is around 17 days.
- The virus is spread through droplet infection, sneezing, coughing or direct contact i.e kissing! It is as contagious as flu but not as contagious as measles or chicken pox.
- A person with mumps has the highest levels of infectivity 2 days before the onset of symptoms and for 5 days after.
- Swelling of the parotid glands is the most common symptom of mumps. *(The parotid glands are responsible for producing saliva. They are located on either side of your face, just below your ears...so when they swell you look like a hamster! Both glands are usually affected by the swelling, although only one gland may be.)* The swelling causes pain, tenderness and sometimes difficulty swallowing.

Other symptoms include:
- Temperature
- Headache
- Dry mouth
- Loss of appetite
- Joint pain
- Nausea
- Mild abdominal pain
- Feeling tired

So:
- Cough or sneeze into a tissue, dispose of said tissue in a bin and wash hands.
- If no tissues available cough or sneeze into sleeve. If you use your hands then wash them!
- If there aren’t hand washing facilities available using a hand gel will help but is no substitute for a thorough hand wash...minimum 30 secs, with soap and water, all over hand & wrist and between fingers.
- Be selective about who you kiss!
- If you think you have mumps, stay away from others until you have spoken to the nurse or GP.