Mumps (Parotitis)

This condition is an acute viral disease characterized by tenderness and swelling of one or both of the parotid glands and/or the other salivary glands. Mumps is transmitted by direct contact (saliva) and droplet, typically from an infected person. The time of communicability most commonly occurs immediately before and after swelling begins. The incubation period is 14 to 21 days.



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Mechanism

Paramyxovirus
Parachute-mixer-virus
This virus is transmitted via secretions like saliva and nasal secretions. Children need to be isolated during the period of communicability by using droplet and contact precautions, if hospitalized.

Signs and Symptoms

Fever
Fever-beaver
As with many viral infections, fever is common in this infection.

Headache
Head-egg-lump
A low grade headache is common. Other general symptoms such as malaise, anorexia and abdominal pain may be present.

Earache
Ear-egg-lump
Children often present with an earache, which is thought to be secondary to parotitis.

Orchitis
Orchid-testes
About half of postpubertal boys will develop inflammation of the testes. To relieve discomfort, provide warmth and local scrotal support with underpants that provide lifting and support of the testicles. Sterility is not a concern in males unless they are prepubescent. Some females develop oophoritis but this is relatively uncommon (<5%).

Pain and Swelling of Parotid Glands
Pain-bolt and Parrot with Parotid Glands
Classic mumps infection is noted by inflammation of the parotid glands (parotitis). These are the major salivary glands located bilaterally on each side of the face.

Considerations

MMR Vaccination
M&M-aRt Syringe
There is no cure for this disease and the best treatment is prevention via vaccine. The vaccine is a two part vaccine for Measles, Mumps and Rubella. The first dose is given between the ages of 12-15 months and the second dose between ages 4-6 years old. This vaccine is usually required prior to enrollment in school.

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