What is Mumps?

Mumps is a highly contagious virus that infects the glands in your mouth that produce saliva.
Mumps is not common in Australia because of high vaccination rates. Outbreaks can occur, so it is important to be immunised.

Mumps is usually a mild illness, but in rare cases it may cause serious and life-threatening complications in some people.

What are the symptoms of Mumps?

Most people with mumps will only develop mild flu-like symptoms including:

- fever
- loss of appetite
- headaches
- feeling tired and weak
- swelling of one or both salivary glands (in front of and just below the ears)
- painful chewing or swallowing.

In rare cases, mumps may cause inflammation of the brain, heart, liver or the reproductive glands, or miscarriage in early pregnancy. Teenagers and adults are at higher risk for these complications.

Symptoms usually appear between 14 and 25 days after being exposed to mumps.

How can we stop the spread of mumps?

Infection prevention and control measures are focused on minimising the spread of the virus into hospitals and also within and between wards and departments. Some of the strategies used are as follows:

Hand hygiene: It’s very important that staff, patients and visitors clean their hands every time they enter or leave a room or cubicle. To clean hands, alcohol based hand rub or soap and water can be used.

It’s OK to ask: Please feel free to remind your healthcare worker about cleaning their hand.
Mumps
Infection Prevention

Infection Prevention
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Cleaning: The frequency of cleaning and disinfection of your room/ward may increase, focusing on cleaning surfaces that are frequently touched.

Isolation: Whilst infectious you will be cared for in a single room. Healthcare workers will put on gowns and gloves and possibly a mask when entering your room and during your care. This is to protect them and to reduce the likelihood of spread to other patients that they are caring for.

What can you do?

- Cover your nose/mouth when coughing or sneezing.
- If possible, cough into your elbow and not into your hands.
- Wash or disinfect your hands.
- You may be asked to wear a mask when leaving your room.
- Report skin rashes to your health care worker.

Procedures and diagnostic tests:

Whilst you are infectious, should you need to leave your room for any procedure/tests, there may be changes in schedules to ensure that other patients are not exposed to the virus.

What do my visitors need to do?

Your visitors should take care to ensure that their hands are clean by using either the alcohol based hand rub or soap and water when caring for you and when leaving your room. Do not share food with your visitors.

Your visitors may be asked to wear a gown and gloves if they are directly involved in your care. Your visitors will be shown how to apply and remove personal protective equipment by a healthcare worker.

Any questions?
If you would like further information about Mumps contact Alfred Health Infection Prevention on (03) 9076 3139.

Better Health Channel
www.betterhealth.vic.gov.au

Health Vic
https://www2.health.vic.gov.au

If you would like to provide feedback or request a copy in a different format, contact us at patient.info@alfred.org.au