

# Mumps and the Vaccine (Shot) to Prevent It

The best way to protect against mumps is to get the measles-mumps-rubella vaccine (called the MMR shot). Doctors recommend that everyone get the MMR shot.

## What is mumps?

Mumps is a contagious disease caused by a virus. It spreads easily through coughing and sneezing. There is no treatment for mumps, and it can cause long-term health problems.

## What are the symptoms of mumps?

Mumps usually causes the following symptoms for about 7 to 10 days:

- Fever
  - Headache
  - Muscle aches
  - Tiredness
  - Loss of appetite (not wanting to eat)
  - Swollen glands under the ears or jaw
- Some people who get mumps do not have symptoms. Others may feel sick but will not have swollen glands.

## Why should you get the MMR shot?

The MMR shot:

- Protects your child from mumps, a potentially serious disease (and also protects against measles and rubella)
- Keeps you from missing school and/or work

## Is the MMR shot safe?

Yes. The MMR shot is very safe, and it is effective at preventing mumps (as well as measles and rubella). Vaccines, like any medicine, can have side effects. Getting the MMR shot is much safer than getting measles, mumps, or rubella.

## Is there a link between the MMR shot and autism?

No. Scientists in the United States and other countries have carefully studied the MMR shot. There has been no proof of evidence between autism and the MMR shot.

## What are the side effects?

Most adults don't have any side effects from the shot. The side effects that do occur are usually very mild, such as a fever or rash. More serious side effects are rare. These may include high fever that could cause a seizure (in about 1 person out of every 3,000 that get the shot) and temporary pain and stiffness in joints (mostly in teens and adults).



Doctors recommend that adults not previously vaccinated get 2 doses of the MMR shot for best protection.

- Once vaccinated with the first dose
- The second dose of MMR may be administered as soon as 4 weeks (i.e., 28 days) after the first dose.

Adults born in 1957 or later without acceptable evidence of immunity to measles, mumps, or rubella (defined below) should receive 1 dose of measles, mumps, and rubella vaccine (MMR) unless they have a medical contraindication to the vaccine, e.g., pregnancy or severe immunodeficiency.

Two doses of the MMR shot are required for school entry.



DEDICATED TO THE HEALTH OF ALL CHILDREN™

### **Is it serious?**

In most adults, mumps is pretty mild. But it can cause serious, lasting problems, including:

- Meningitis (infection of the covering of the brain and spinal cord)
- Deafness (temporary or permanent)
- Encephalitis (swelling of the brain)
- Orchitis (swelling of the testicles) in males who have reached puberty
- Oophoritis (swelling of the ovaries) and/or mastitis (swelling of the breasts) in females who have reached puberty

In rare cases, mumps is deadly.

### **How does mumps spread?**

Mumps spreads when an infected person coughs or sneezes. Mumps can spread before swollen glands appear and for 5 days afterward.

### **Where can I learn more about the MMR shot ?**

To learn more about the MMR shot, talk to your physician, call 1-800-CDC-INFO, or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents).

The Centers for Disease Control and Prevention, American Academy of Family Physicians, and American Academy of Pediatrics strongly recommend children receive all vaccines according to the recommended schedule.