

# Mumps



SWELLING OF SALIVARY GLAND



# Cause



- caused by a viral infection in the salivary glands (located on both sides of your cheeks slightly below your ears)
- transmitted by contact with infected person's saliva or respiratory droplets

# Symptoms



- painful swelling of one or both salivary glands
- fever
- headache
- muscle aches & pains
- tiredness
- loss of appetite
- some people have very few symptoms while others have symptoms similar to a cold
- some adults may experience swelling of the ovaries or testicles, inflammation of the pancreas, meningitis or encephalitis

# Treatment



- mainly supportive therapy for symptoms

# Work Restrictions



- **If diagnosed with Mumps**, staff must remain out of the workplace for 9 days after the start of symptoms. **Notify Occupational Health** so that contact tracing may be done for others who may have been exposed to you.
- **If exposed to Mumps** (including family members), please **notify Occupational Health** so that blood work can be arranged to determine your immune status or immunization arranged.

# Work Restrictions con't...



**\*\*Staff should consider themselves exposed** only if they have had face to-face contact within 6 feet of the infected person.

## **Other:**

- all new Capital Health employees are required to provide proof of immunization against mumps (i.e. proof of having had 2 MMR vaccines or proof of immunization via blood work).

# Prevention



- ensure immunizations are up to date (contact Occupational Health to arrange)
- good hand hygiene, especially after contact with respiratory secretion
- avoid sharing eating utensils