

# Mumps

## What is Mumps and who can get it?

Mumps is a contagious viral disease that can cause swelling and soreness of the salivary glands (cheek and jaw area), along with fever.

Mumps can affect any person at any age who has not had the disease or been immunised against it. Most cases of Mumps now occur in young adults who have not had two doses of the MMR (Measles, Mumps and Rubella) vaccine.

## What are the symptoms of Mumps?

- Puffy cheeks/swollen jaw
- Pain in ear/jaw/chin, especially when chewing
- Fever
- Headache
- Loss of appetite
- Muscle aches
- Tiredness

Symptoms  
can last for  
7-10 days

## How to reduce the spread of Mumps:

Mumps is spread through direct contact with saliva or mucus, so:

- Don't share drinks and eating utensils
- Cover coughs and sneezes
- Wash your hands regularly with soap and water
- Clean and disinfect surfaces
- Stay home while you feel unwell

## What to do if you think you have Mumps:

There is no treatment for Mumps. The best course of action is:

- Bed rest. Stay at home for at least 5 days after the onset of symptoms to reduce spread.
- Drink plenty of fluid, especially if you find eating too painful.
- Use over-the-counter anti-inflammatories such as ibuprofen to relieve pain and reduce fever.
- Visit a **doctor** to confirm diagnosis.
- Notify [studentlife@worc.ac.uk](mailto:studentlife@worc.ac.uk) so that we can do our part in trying to reduce the spread.
- Tell your **PAT** that you will not be attending University for a few days.

**Most people recover completely in a few weeks.**



University  
of Worcester  
Student Services

**MMR vaccination is the best protection against Mumps – have you been vaccinated?  
Talk to your GP if you are concerned you have not been vaccinated**