

# MUMPS PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: MUMPS

Mumps is a viral illness that can be prevented through vaccination.

### Need to stay home?

Yes, consult with Health Department. May return on the 6<sup>th</sup> day after swelling onset.

If two or more cases of mumps occur in your childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.

### Symptoms

Your child may have watery diarrhea, vomiting, and fever. Other symptoms may include headache, stomach cramps, and tiredness. Illness usually lasts 24 to 48 hours.

If your child is infected, it may take 1 to 2 days for symptoms to start.

If you think your child has Mumps, tell your childcare provider or call the school.

### Spread

- By coughing or sneezing.
- By touching contaminated hands, surfaces, or objects.

### Contagious Period

For 3 days before until 5 days after swelling begins. Most contagious 48 hours before illness begins.

### Call your Healthcare Provider

If anyone in your home:

- Was exposed to mumps and has not had mumps or mumps vaccine in the past.
- Develops symptoms of mumps. A blood test may be done.

### Prevention

- In Nevada, all children 15 months of age and older attending childcare or school must be vaccinated against mumps or have a legal exemption. Two doses or legal exemption is required for kindergarten and seventh grade enrollment.
- Cover nose and mouth when coughing or sneezing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose and mouth. Your child may need help with handwashing.
- DO NOT share anything that you put in your mouth, for example, beverage containers, eating utensils, cigarettes, toothbrushes, and lip balm.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.

For more information, please contact your local health department.

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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