Mumps

*Research provided by the Kansas Association of Local Health Departments*

This week, I will be continuing the conversation on the MMR and will specifically talk about Mumps

***What is it?***

Mumps is a viral disease that affects the salivary gland of the mouth. It is typically spread through direct contact with saliva or respiratory droplets from the mouth, nose, or throat. An infected person can spread the disease for up to five days before and after swelling begins. Mumps symptoms typically appear 16-18 days after infection. Most infected people have mild flu like symptoms and gland swelling in the mouth. It is rare for complications to occur, but inflammation in other parts of the body are issues for adults.

***History***

Historians believe that Mumps has been around since the ancient Roman Empire. It was officially discovered in 1934 to be a viral disease. Outbreaks of the disease typically occurred in close quarters and was the leading cause of death for French troops during World War I. Before regular vaccination, there were about 152,209 cases of the Mumps across the world in 1968.

***Vaccination***

The first Mumps only vaccine was developed in 1948 and was used until 1978 when the MMR vaccination was recommended in the United States. As discussed last week, the MMR is a combination vaccine that prevents Measles, Mumps, and Rubella.

***What We Can Learn***

Mumps is a common disease that doesn’t have many symptoms but can spread quickly to those in close quarters. Many people forget what certain diseases look like because of vaccinations, so it is important that we talk about what disease can look like when it does happen.

Sources:

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<https://everythingaboutthemumps.weebly.com/history.html>

<https://everythingaboutthemumps.weebly.com/prevalence.html>

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