Protect Yourself Against Mumps

Mumps vaccine is the best way to protect your child against mumps, a contagious disease which can cause serious complications. Talk to your healthcare professional or check your child’s immunization records to ensure mumps vaccinations are up-to-date.

Mumps is a contagious disease caused by a virus. Anyone who has not had mumps or been vaccinated can get the disease. There is no treatment for mumps, and it can cause long-term health problems. You can protect yourself and your family against mumps with vaccination.

Anyone born during or after 1957 who has never had mumps or has never been vaccinated is at risk for mumps. They should receive at least one dose of the MMR (measles, mumps, rubella) vaccine.

Mumps Can Be Serious

In most children, mumps is pretty mild. However, it can cause serious long-lasting problems including the following.

- Encephalitis (swelling of the brain)
- Meningitis (swelling of the tissue covering the brain and spinal cord)
- Loss of hearing (temporary and permanent)
- 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