

## What is mumps?

Mumps is a contagious viral infection caused by the mumps virus. The most common symptom is the swelling of the salivary glands; when they become inflamed, they can bulge and lead to tenderness in the jaw and pain while eating. In rare cases, mumps infection can lead to meningitis, deafness, or infections of the testicles or ovaries.

## How does mumps infection happen?

The mumps virus enters the body through the mouth or nose. Mumps is spread through close contact with others (e.g., coughing or sneezing next to someone, or sharing personal items such as drinks), or through coming into direct contact with an infected person's mucus or spit and then getting these fluids in your nose or mouth.

## Immunization is recommended for everyone.

Mumps immunization is part of the routine childhood immunization schedule in Canada. The MMR vaccine protects against measles, mumps, and rubella; the MMRV vaccine protects against measles, mumps, rubella, and varicella (chickenpox).

## Mumps immunization is safe and effective.

Publicly-funded MMR immunization schedules may vary between provinces and territories.



**Talk to your doctor, nurse, pharmacist, or local public health office about getting yourself or your child immunized against mumps.**