

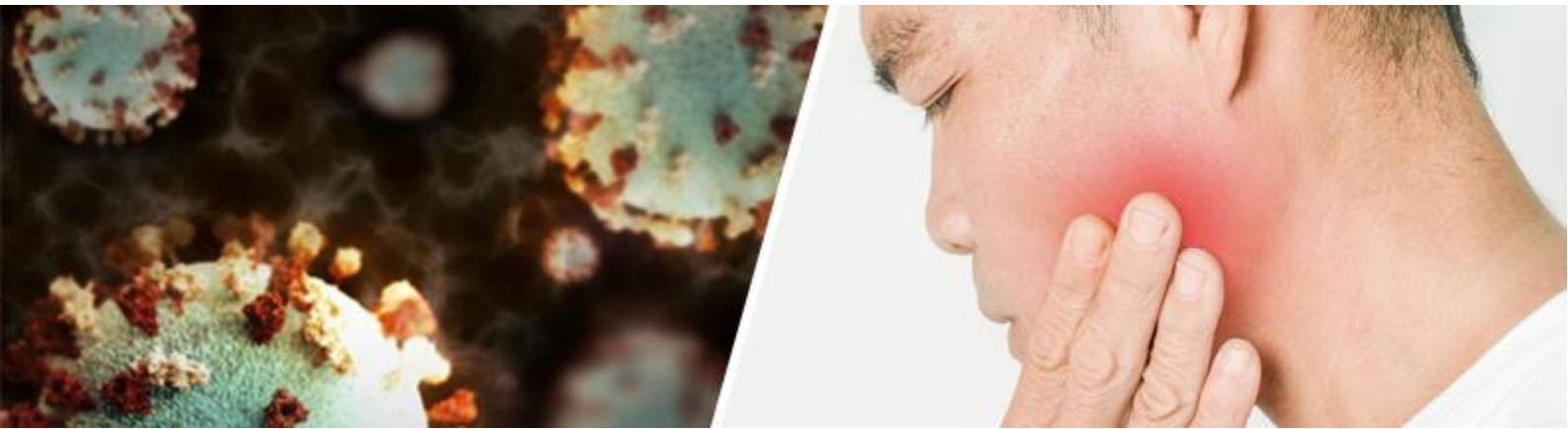
SYMPTOMS

- **Parotitis: Inflammation of the parotid (salivary) glands.**
The symptoms are: **swelling of the jaw and checks.**

Other symptoms that may appear before the parotitis are:

- **Fever**
- **Headache**
- **Muscle pain.**
- **Tiredness**
- **Loss of appetite.**

For men, the testes can become inflamed, and serious complications can occur.



TRANSMISSION

Virus Distribution and Spread

Mumps is caused by a virus that spreads from person-to-person via infected droplets. It is highly contagious and nearly all cases occur among unvaccinated people.

RECOMMENDATION

Prevention

- All travellers should ensure they are fully vaccinated against mumps.
- Check your vaccination records. Mumps vaccine requires two doses, usually given once to a young child and again before entering school. If you are unsure about your immunity, talk to your health care provider.
- Avoid contact with sick people and practice good general hygiene.
- When coughing or sneezing, cover the mouth and the nose with the flexed elbow or tissue, and wash your hands.
- Wash your hands frequently with soap and water.

Treatment

There is no specific treatment for mumps. The treatment is supportive and depends on the symptoms of the patient. It is advisable to use analgesics to reduce pain and fever.