

Mumps Home Treatment

Iowa State University

Thielen Student Health Center



Mumps is a contagious disease that is caused by a virus. It can start with a few days of fever, headache, muscle aches, tiredness, and loss of appetite. Most people will have swelling of their salivary glands. This is what causes the puffy cheeks and a tender, swollen jaw. This is a result of swollen salivary glands under the ears on one or both sides, often referred to as parotitis.

Other symptoms that might begin a few days before parotitis include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite

Symptoms typically appear 16-18 days after infection, but this period can range from 12–25 days after infection. Some people who get mumps have very mild symptoms (like a cold), or no symptoms at all and may not know they have the disease. **Most people with mumps recover completely within two weeks.**

Mumps is a contagious disease caused by a virus. It spreads through direct contact with saliva or respiratory droplets from the mouth, nose, or throat. An infected person can spread the virus by:

- coughing, sneezing, or talking
- sharing items that may have saliva on them, such as water bottles or cups
- participating in close-contact activities with others, such as playing sports, dancing, or kissing
- touching objects or surfaces with unwashed hands that are then touched by others

An infected person can likely spread mumps from a few days before their salivary glands begin to swell to up to five days after the swelling begins. A person with mumps should limit their contact with others during this time. For example, stay home from school and do not attend social events.

HOME CARES

- Isolate person with mumps until the swelling is gone
- Rest until fever subsides
- Ice may be applied to swollen glands for discomfort relief; 15-20 minutes every few hours; wrap ice in cloth (do not apply directly to skin)
- Use over the counter products for pain relief
- Eat a liquid or soft diet until pain subsides, avoid sour or citrus foods

If you have any questions or concerns consult your provider or contact the Thielen Student Health Center at (515) 294-5801.