

Mumps Frequently Asked Questions

Q: What is mumps?

A: Mumps is a contagious, viral illness that is primarily preventable through vaccination. The virus is spread through saliva or mucus from the mouth, nose and throat. A person carrying the virus can infect others through coughing, sneezing and the sharing of items such as water bottles, utensils and food.

Q: What are the symptoms?

A: According to the U.S. Centers for Disease Control and Prevention (CDC), mumps typically starts with a fever, headache, muscle aches, tiredness, and loss of appetite. Most people will experience swelling of their salivary glands within 48 hours. This is what causes the puffy cheeks and a tender, swollen jaw typically seen with mumps.

Q: How long can a person have mumps?

A: Mumps typically resolves itself within a few weeks. However, the contagious period extends for five days following the onset of swelling.

Q: How can I protect myself?

A: The most effective way to prevent mumps is through two doses of the measles, mumps and rubella (MMR) vaccine. Information about the vaccine is available [online](#). As a preventive measure, if you have not received two doses of MMR, please give strong consideration to getting vaccinated.

Q: Where should I go if I have questions?

A: Students should contact Student Health Services at 619-594-4325. Faculty and staff should contact their healthcare provider or contact the Employee Assistance Provider by calling 800-342-8111 or by clicking [here](#).

Q: Is SDSU in an outbreak situation?

A: There is no mumps outbreak at SDSU.

Q: I've been vaccinated for mumps. Am I still at risk?

A: Yes. Immunization provides incomplete protection from mumps as immunity decreases over time.

Q: Where can I go if I want to get vaccinated?

A: If you have not received two MMR doses since one year of age, it is recommended you get vaccinated. You can obtain the vaccine from a local pharmacy, your primary healthcare provider or from Student Health Services.

Q: Am I at risk if I have been on SDSU's campus recently?

A: The San Diego region is currently experiencing higher than usual numbers of mumps cases.

Q: What should I do if I have symptoms?

A: If you have exhibited any of the symptoms listed above, immediately self-isolate and seek medical attention as soon as possible. When calling a clinic or provider, be certain to inform them of your symptoms right away.

Anyone may call the County of San Diego Immunization Program by calling 866-358-2966 and pressing 5 at the prompt to speak with a public health nurse about mumps.

- Students: Please contact Student Health Services at 619-594-4325 prior to arrival, or contact your personal healthcare provider. Students may also call the Nurse Advice Line at 858-225-3105, which is available after 4:30 p.m. Monday through Friday, on weekends and when SDSU is closed.
- SDSU faculty and staff: You are encouraged to speak with your medical provider or contact the Employee Assistance Program, which offers confidential support for workplace issues. Additional information, resources, and tools are available by calling 800-342-8111 or by clicking [here](#).