

How to protect your loved ones from MUMPS

Mumps infection is preventable.

GET VACCINATED TODAY!

Signs/Symptoms of Mumps

- Headache
- Loss of appetite
- Fever
- Muscle aches
- Swelling below the ear or jaw (Parotitis)
- Tiredness

Mumps can also cause **serious complications**. See your doctor if you believe you have mumps!



Skagit County
Department of Health
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How Mumps Spreads

Mumps spreads from person to person. Mumps is found in a sick person's saliva and in the mucus of the mouth, nose, or throat. Mumps can spread when a sick person coughs, sneezes or talks. *It can also spread by sharing items, such as cups or eating utensils.*

Protect Yourself from Getting Mumps!

The most important step to prevent getting mumps is to get vaccinated!
Please see your doctor in order to get your **MMR** vaccine.

You can also protect yourself by doing these things:

- ⇒ Wash your hands throughout the day with soap and water
- ⇒ Avoid being around sick people
- ⇒ Avoid touching your face, mouth, nose or eyes
- ⇒ Get your **MMR** vaccine

If You Get Mumps

Take Care of Yourself

See your doctor immediately if you believe you might have mumps and make sure your family is up-to-date on their MMR vaccines. If you need an MMR vaccine, please contact your doctor.

Protect Others

If you have the above symptoms of mumps, you can give it to others!

Follow these easy steps to prevent spreading mumps:

- ⇒ Stay home from work or school and stay away from others who aren't sick
- ⇒ Cover your cough or sneeze
- ⇒ Wash your hands after coughing/sneezing and throughout the day
- ⇒ Don't share *items such as cups or eating utensils* with others

Need more information? Please call the Skagit County Health Department @ (360) 416-1500