Protecting Your Family from Mumps

Arkansas Children’s Hospital is screening all patients and visitors who arrive with any symptoms consistent with mumps.

Arkansas Children’s Hospital is your resource for Care Close to Home. Our experts are here to help Arkansas families during this outbreak in Springdale.

Mumps is a viral illness that can be transmitted by:

- Coughing
- Sneezing
- Talking
- Sharing cups & utensils
- Touching contaminated surfaces

SYMPTOMS OF MUMPS:

- Fever that lasts longer than three days
- Headache
- Tiredness
- Muscle aches
- Loss of appetite
- Respiratory symptoms
- Swollen salivary glands, swollen face and/or jaw

The most effective way to prevent mumps is the MMR (measles, mumps and rubella) vaccine.

The current CDC recommendations for MMR vaccination are as follows:

- For children younger than 6 years of age, one dose of MMR vaccine or MMRV (Measles, Mumps, Rubella, and Varicella) vaccine at age 12-15 months, followed by a second dose of either MMR vaccine or MMRV vaccine at age 4-6 years.

- For children age 7 through 18 years not previously vaccinated, one dose of MMR vaccine or MMRV vaccine, followed by a second dose of either MMR vaccine or MMRV vaccine at least 4 weeks after the first dose.

- For adults born in 1957 or later and not previously vaccinated, one dose of MMR vaccine.

- A second dose of MMR vaccine is recommended for adults, who are students in a post-secondary educational institution, work in a health care facility, or plan to travel internationally. The second dose should be administered a minimum of 28 days after the first dose.

With two doses, the MMR is 88 percent effective at preventing mumps. Make sure your vaccines are up to date, too!

Good hand hygiene is important. Wash your hands thoroughly with soap and water. Show your children how to wash their hands properly too.

How we protect our patients and staff:

- Arkansas Children’s has verified MMR vaccine status with all our staff members.
- We have appropriate protective materials in place, including masks to reduce transmission risk.

MORE INFORMATION ON MUMPS:

Centers for Disease Control
www.cdc.gov/mumps/

American Academy of Pediatrics
www.healthychildren.org/English/health-issues/vaccine-preventable-diseases/Pages/Mumps.aspx