

Mumps

Protecting Your Child: What Every Parent Should Know

What is Mumps?



A contagious virus that causes **painful swelling of the cheeks, jaw, and salivary glands**.

Mumps can lead to **hearing loss, brain swelling (encephalitis), and infertility**, especially in teens and adults.

Who is most vulnerable? Unvaccinated children, teens, and young adults in close-contact settings like schools and sports teams.



Mumps **can spread** even before symptoms appear.



The Vaccine

- First mumps vaccine: **1967**
- MMR combination vaccine introduced: **1971**

How it works:

- Uses a **weakened virus** to safely teach the immune system to fight off mumps.

Schedule:

- 2 doses
 - First dose at 12-15 months
 - Second dose at 4-6 years
- Mild side effects: swelling or tenderness in the cheeks or jaw, low fever.

Is the Vaccine Safe? Yes.

- **Extensively tested** for over 50 years.
- **No connection** to autism or chronic conditions.
- Monitored by **CDC, WHO, FDA**, and independent safety boards.

Mumps outbreaks still happen in under-vaccinated communities. Vaccination helps **stop the spread**.



Support & Guidance

Ask your pediatrician if you have questions about the MMR vaccine or upcoming boosters.

Trusted Resources: [AAP HealthyChildren.org](https://www.aap.org/healthychildren)

Alternatives?

- Mumps is **highly contagious**, and “natural immunity” carries risk of **hearing loss, brain swelling (encephalitis), and infertility**.
- **Delaying vaccination** increases risk of outbreaks and long-term complications.
- The vaccine is the **best and safest way** to protect your child.



Choosing vaccination is choosing protection. We're here to answer your questions, support your decisions, and celebrate the protection you give your family.

