

FIGHT MUMPS

It starts with you



Mumps is spread through contact with saliva or mucus from the mouth, nose or throat of an infected person. Protect yourself and help stop the spread of mumps by using these healthy habits.



Stay home if you are sick

Mumps is easy to spread. Stay home and do not travel or go to school or work for 9 days after the start of swollen glands.



Wash your hands

Wash your hands thoroughly and often with soap and warm water.



Get Vaccinated

The measles-mumps-rubella (MMR) vaccine provides the best protection against this disease.

Symptoms of MUMPS infection

- Swollen glands in front of ears or jaw on one or both sides
- Fever
- Muscle aches
- Headache
- Loss of appetite
- Tiredness



Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissues in the waste basket and wash your hands.



Use your own cups, forks, and spoons

Sharing cups or eating utensils with someone who has mumps can make you sick.

Disease Transmission by COUGH/SNEEZE-TOUCH



For more information, call 2-1-1 or visit health.hawaii.gov
Language assistance services available through 2-1-1.