The swelling’s not so bad. It’s the severe testicular pain...

Mumps means 9 days in isolation. No parties. No friends. No classes.

Intense pain in cheeks and throat. Difficulty chewing or swallowing. Weakness. Fever.

In some cases, severe pain and swelling of the testicles and ovaries. Mumps can cause sterility, meningitis, and deafness.

The MMR vaccine provides the best protection against mumps.

Protect yourself against mumps. Get VACCINATED.

www.gov.ns.ca/hpp/mumps

For more information, call 2-1-1 or visit health.hawaii.gov.