

PROTECT YOURSELF AGAINST MUMPS



MMR VACCINATION IS THE BEST WAY TO PREVENT MUMPS!
THERE IS NO TREATMENT FOR MUMPS IF YOU GET IT

KEEP FROM SPREADING MUMPS



Don't share things that have saliva on them



Cover your coughs and sneezes



Stay home when you are sick



Wash your hands often with soap and water



Clean and disinfect surfaces

SIGNS AND SYMPTOMS OF MUMPS



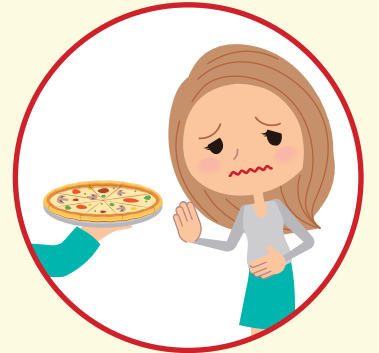
Mumps is best known for the puffy cheeks and swollen jaw that it causes.



Fever



Headache



Loss of appetite



Muscle aches



Tiredness

VACCINATION ALSO HELPS PREVENT MUMPS COMPLICATIONS



Complications can include swelling of the:

- testicles
- ovaries
- breasts
- pancreas
- brain
- spinal cord tissue

IF YOU HAVE SYMPTOMS, STAY HOME AND AWAY FROM OTHERS. CONTACT YOUR DOCTOR OR HEALTH SERVICES AT YOUR INSTITUTION.

