

# MUMPS IS NOT JUST FOR KIDS ANYMORE.

Mumps is not just a kid's disease. There have been outbreaks of mumps mostly among young adults in Ontario. 4 out of 5 young adults are not fully protected. Make sure you are. Get the mumps catch-up vaccination.

**NO HUGS**  
**NO SPORTS**  
**NO PARTIES**  
**NO CLASSES**  
**NO BARS**  
**NO WORK**  
**NO YOGA**  
**NO FUN**  
**YEP. YOU'VE  
GOT MUMPS**

DON'T SPEND 9 DAYS IN ISOLATION.

## WHAT EXACTLY IS MUMPS?

Mumps is a highly contagious viral illness that can have serious complications. Mumps spreads easily and if you get it you will have to spend 9 days in isolation.

## HOW DO YOU KNOW IF YOU HAVE MUMPS?

You might think you have the flu. You may have a fever, a headache, muscle aches and pains, feel tired and lose your appetite. These symptoms may be followed by painful swelling of one or both of the glands located within your cheek near your jaw line. It may just start as an earache or tenderness along your jaw. Symptoms usually last for 10 days. Call your health care provider if you have any or all of these symptoms.

## HOW DO YOU GET MUMPS?

Mumps is spread through

- coughing
- sneezing
- kissing
- sharing food or drinks

Even touching a surface contaminated by mumps and then touching your nose or mouth can give you the virus.

High schools as well as university and college campuses are the perfect places for mumps to spread, as students live and play in close proximity to each other. This is why if you get mumps you will have to spend 9 days in isolation.

## MUMPS COMPLICATIONS ARE SERIOUS

MUMPS CAN CAUSE

- meningitis or swelling of the brain and spinal cord
- painful swelling of one or both testicles
- painful swelling of ovaries and breasts
- pancreatitis
- permanent deafness
- spontaneous abortions if you get it in the first trimester of pregnancy

## MUMPS IS NO FUN

If you get mumps you will have to spend 9 days in isolation. This is the only way to prevent the spread of this highly contagious virus.

## PROTECT YOURSELF. GET THE MUMPS CATCH-UP VACCINATION

If you have never had mumps and you are a young adult, you should get the mumps catch-up vaccination. Vaccinations are available at your doctor's office, walk-in clinics, local public health units and at university and college health care service clinics.

FOR MORE INFORMATION VISIT  
[ONTARIO.CA/MUMPS](http://ONTARIO.CA/MUMPS)

