

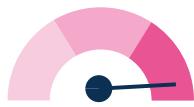
## UNDERSTANDING THE RISKS

# Getting Mumps vs. Getting Vaccinated



We all want to make the best health choices for our children. So how risky is mumps compared to the vaccines that prevent mumps?

## MUMPS FAST FACTS



### HOW CONTAGIOUS?

**Very contagious.** 1 person with mumps can infect about 6 out of 10 non-immune people they come into contact with.<sup>1,2</sup>



### HOW SERIOUS?

**Typically moderate.**

But serious complications can include:

**Meningitis:** 1 in 10 people will develop viral meningitis (inflammation of coverings around the brain and spinal cord)<sup>3</sup>

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**Deafness:** 1 in 20,000 cases<sup>4,5</sup>

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**Testicular issues:** About 30% of unvaccinated males who have gone through puberty and adult men with mumps will have some swelling of their testicles; 1 in 10 will have a drop in their sperm count.<sup>1,3,4,6,7</sup>

## VACCINE FAST FACTS



### HOW EFFECTIVE?

2 doses of the MMR vaccine are 86% effective at preventing mumps.<sup>8</sup>



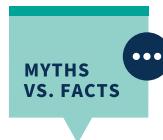
### HOW SAFE?

All the research shows the vaccines are safe, and millions of children have safely gotten a vaccine.<sup>3,8,9</sup>



### SAFETY RECORDS

Mumps vaccines were first given in the United States in 1967. The MMR vaccine was introduced in 1971 and MMRV vaccines have been licensed since 2005.<sup>3</sup>



### MYTH BUSTER

Does the MMR vaccine cause autism? No. Years of research that included more than half a million children found that there is NO link between the MMR vaccine and autism.<sup>10,11,12</sup> Learn more at [cdc.gov/vaccine-safety/concerns/autism.html](https://www.cdc.gov/vaccine-safety/concerns/autism.html).



**Five separate safety systems continuously monitor all vaccines for as long as the vaccines are given.<sup>13</sup>**

Learn more at [hhs.gov/immunization/basics/safety/index.html](https://www.hhs.gov/immunization/basics/safety/index.html).

## COMPARING THE TWO

### MUMPS

### VACCINES TO PREVENT MUMPS

#### Common Mild to Moderate Symptoms and Common Side Effects<sup>3,6,8,11,14,15,16</sup>

Common symptoms of mumps last about 1–2 weeks and can include:

- Puffy/swollen cheeks and jaw
- Fever
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

Common side effects of vaccines to prevent mumps are usually mild and last 1–2 days. If side effects occur, they can include:

- Soreness
- Fever
- Mild, non-contagious rash
- Swollen glands in the cheeks or neck

#### Rare, More Serious Symptoms or Complications and Rare Side Effects

<sup>3,4,6,8,11,14,15,16,17</sup>

Serious symptoms or complications of mumps vary and can include:

- Inflammation of the testicles or ovaries if the child has gone through puberty
- Encephalitis (brain swelling)
- Pancreatitis (pancreas swelling)
- Meningitis (swelling of the brain and spinal cord coverings)
- Hearing loss

Serious side effects of vaccines to prevent mumps vary and can include:

- Seizures caused by fever
- Temporary blood clotting disorder (low platelet count)
- Temporary pain or stiffness in the joints

Sources:

1. Children's Hospital of Philadelphia: <https://media.chop.edu/data/files/pdfs/mmr-infographic.pdf>
2. Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/mumps/about/index.html>
3. CDC: <https://www.cdc.gov/pinkbook/hcp/table-of-contents/chapter-15-mumps.html>
4. National Health Service: <https://www.nhs.uk/conditions/mumps/complications>
5. CDC: <https://www.cdc.gov/mumps/hcp/clinical-overview>
6. Children's Hospital of Philadelphia: <https://www.chop.edu/centers-programs/vaccine-education-center/vaccine-details/measles-mumps-and-rubella-vaccines>
7. Washington State Department of Health: <https://doh.wa.gov/sites/default/files/legacy/Documents/5100/420-065-Guideline-Mumps.pdf>
8. CDC: <https://www.cdc.gov/mumps/vaccines/index.html>
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12. Immunize.org: <https://www.immunize.org/wp-content/uploads/catg.d/p4026.pdf>
13. U.S. Department of Health and Human Services: <https://www.hhs.gov/immunization/basics/safety/index.html>
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