

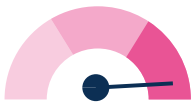
UNDERSTANDING THE RISKS

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.^{1,2}



HOW SERIOUS?

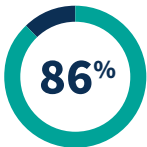
Typically moderate.
But serious complications can include:

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

Deafness: 1 in 20,000 cases^{4,5}

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.^{1,3,4,6,7}

VACCINE FAST FACTS



HOW EFFECTIVE?

2 doses of the MMR vaccine are 86% effective at preventing mumps.⁸



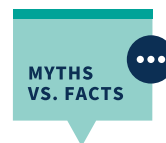
HOW SAFE?

All the research shows the vaccines are safe, and millions of children have safely gotten a vaccine.^{3,8,9}



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 2005.³



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.^{10,11,12}

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.¹³

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^{3,6,8,11,14,15,16}

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^{3,4,6,8,11,14,15,16,17}

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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