

## Vaccines to Prevent Mumps

Mumps is a contagious disease that is caused by a virus. Most people with mumps will have swelling of their salivary glands, which causes the puffy cheeks and a tender, swollen jaw. Other symptoms may include fever, headache, muscle aches, tiredness, and loss of appetite. Mumps can be prevented with vaccination.

- [MMR](#): contains measles, mumps, and rubella combination vaccines ([Spanish](#))
- [MMRV](#): contains measles, mumps, rubella, and varicella (chickenpox) combination vaccines ([Spanish](#))
- [VACCINE BASICS](#)
- [ABOUT MUMPS](#)
- [TAKE ACTION](#) Children should receive two doses of MMR vaccine.

### FOR INFANTS AND CHILDREN

- The first dose at 12 through 15 months of age
- The second dose at 4 through 6 years of age MMR vaccine is very safe and effective. MMR vaccine is the best way to protect children against mumps and to prevent them from spreading the disease to others. Anyone born during or after 1957, who has never had mumps or has never been vaccinated, is at risk for mumps. They should get at least one dose of the MMR vaccine. Two doses are recommended for adults at higher risk, such as students in college, trade school, and training programs; [international travelers](#); and [healthcare professionals](#). Women who are planning to become pregnant should make sure they are protected against mumps before they get pregnant. Most women of childbearing age were vaccinated as children with the MMR vaccine, but they should confirm this with their doctor. If they need to get vaccinated for mumps, they should avoid becoming pregnant until one month (28 days) after receiving the MMR vaccine.
- Pregnant women who are not protected against mumps should wait until after they have given birth to get MMR vaccine.
- If you are not sure if you are protected against mumps, first try to find [your vaccination records](#) or documentation of mumps immunity. If you do not have written documentation of mumps immunity, you should get MMR vaccine. Another option is to have a doctor test your blood to determine whether you're immune, but this is likely to cost more and will take two doctor's visits. There is no harm in getting another dose of MMR vaccine if you may already be immune to mumps.

### FOR ADULTS