

IS IT **MUMPS?**

- Symptoms include fever, swollen tender glands near the jaw, headaches and muscle aches
- Most people recover but mumps can be serious for adults
- It is spread by contact with discharges from the nose and throat, by sharing drinks or through kissing

What should I do if I think I have the **MUMPS?**

- Limit contact with others and go see your doctor
- Wash your hands, cover your coughs and sneezes with a tissue
- Stay home


NOVA SCOTIA

Health Promotion
and Protection

