

Mumps – Information for Close Contacts



To protect your health please read this information carefully.

- You have been exposed to mumps because you have been in close contact recently with someone who has been diagnosed with the disease.
- You could be a spouse, a member of the same household, friend or family. You could also be in the same work space, class, hostel, sports team, special interest or cultural group such as kapa haka.
- You will need to check whether you are immune to mumps and need to be in quarantine and excluded from your day care, educational facility or work.

About mumps

- We are experiencing an outbreak of mumps, which is a result of an outbreak in Auckland. Mumps is a serious and highly infectious viral disease that can be prevented with the measles-mumps-rubella (MMR) vaccine. Antibiotics will not treat this infection or reduce your risk of catching mumps.
- Mumps is spread from an infected person through saliva or mucous droplets when coughing or sneezing. It can be spread via face to face contact within a metre, or by touching an object infected from saliva or mucous, such as a used tissue, shared drinks or shared food.
- Early symptoms of mumps include fever, headache, muscle aches, tiredness, and loss of appetite. The salivary glands on one or both sides of the face, cheeks or jaw may become swollen and sore after two days.
- Most people recover from mumps however some individuals can develop rare complications. Men and adolescent boys can experience pain and swelling in their testicles, which in rare cases can result in infertility. Females can experience ovarian inflammation. For pregnant women there is risk of miscarriage in the first three months. In some people mumps can cause permanent hearing loss. In very few cases, mumps can lead to inflammation of the brain and surrounding tissue (meningitis).
- If you suspect you have the symptoms of mumps, please call Healthline (0800 611 116 translation available 24/7), or call your GP. Please call your GP before you visit them, to avoid passing mumps on to others. Please avoid visiting ED unless you are very unwell.

People who are not immune to mumps may need to be excluded to protect others and stop the disease from spreading. Use the tables below to assess whether you should be excluded. Anyone who is excluded will need to stay at home in quarantine.

Am I immune to mumps?	
You are likely to be immune if:	<ul style="list-style-type: none"> ▪ you were born prior to 1981, or ▪ you have previously had mumps illness, or ▪ you have received two doses of MMR vaccine*, or ▪ you have had blood tests which confirm immunity to mumps
You are not considered immune if:	<ul style="list-style-type: none"> ▪ you do not meet the above criteria, or ▪ you have only received one dose of MMR vaccine*, or ▪ you are a child aged less than 15 months, as you will have not received any MMR vaccine, or ▪ you are a child 15 months to four years, as it is likely you will have had only one dose of MMR vaccine

*if you were born in New Zealand on or after 1989, and received all your childhood immunisations, you are likely to have received two doses of MMR vaccine.

Will I be excluded from my work or my education facility?		Quarantine at home
You are not considered to be immune and are excluded if:	<ul style="list-style-type: none"> ▪ you have not received any MMR vaccinations and do not immediately get the first dose of MMR ▪ you have only had one MMR and you do not intend to get the second MMR vaccination required to make you immune ▪ you are unsure whether you are immune to mumps ▪ you are a child aged under 15 months ▪ you have a fever and swelling in the face, cheeks or jaw for two days or more ▪ you are suspected of having mumps, but are still waiting for test results to arrive from your doctor <p>AND you are considered to be a high risk contact (that is at high risk of being infected)</p>	Yes
You can still attend if:	<ul style="list-style-type: none"> ▪ you have received two doses of the MMR vaccine ▪ you have previously only had one MMR vaccination but you have immediately received a second MMR vaccine (at least 4 weeks after the first MMR) ▪ you have not had a previous MMR vaccination but you have immediately received a first dose of MMR vaccine, and plan to have a second dose (at least 4 weeks after the first MMR) ▪ you are a child aged 15 months to four years who has received vaccinations on time according to your age (MMR1) ▪ you have blood tests which confirm immunity to mumps 	No

For more information on mumps, including online advice and a self-assessment, visit:
<http://www.southerndhb.govt.nz/pages/current-issues-and-health-alerts/>