

Mumps – Information for Schools



- 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. The measles-mumps-rubella (MMR) vaccine offers protection against mumps. Antibiotics will not treat this infection or reduce the risk of catching mumps.
- You will need to take action if a student or staff member is suspected of having mumps.
 - This means identifying staff and children who have been in **close contact** and are **not immune**. Some children and staff may need to be **excluded** from your school.
 - It also means assessing if anyone at your school is at **high risk** of catching the disease or of developing complications.

Checklist	Tick here
Identify which students and staff are close contacts of the infected person as you will need to determine their immunity. Those who are not immune and/or high risk need to be excluded from your school. <ul style="list-style-type: none"> - Use the immunity table and exclusion tables below - See heading How to identify close contacts - See heading Avoid people who are at risk catching mumps 	
Distribute this sheet to close contacts to inform them of exposure to mumps: Mumps – information for close contacts <i>More resources are provided on the mumps page on the SDHB website</i>	
Inform those close contacts and high risk people who need to be excluded from your school. See exclusion and immunity tables below	
Provide parents and staff with information on immunisation for mumps with the MMR vaccine by distributing this fact sheet: Immunisation with MMR	
Promote the use of tissues to cover coughs and sneezes, and throwing used tissues in the bin <i>This may be through school notices, assemblies or newsletters</i>	
Promote good hand hygiene <i>Encourage students to wash and dry their hands regularly with soap and warm water for 20 seconds and then taking 20 seconds to dry their hands well with a clean towel.</i>	
Disinfect surfaces and objects which may be contaminated with saliva such as door handles and keyboards. Do not share drinks and cups.	

Protecting yourself and others from mumps

- The best way to protect against mumps is to be vaccinated with two doses of the measles-mumps-rubella (MMR) vaccine.

- In New Zealand, since 2002, MMR vaccination has been routinely given at age 15 months and again at four years.
- People should contact their doctor if they are unsure if they have been vaccinated, or if they need to catch-up with a second dose. MMR vaccination is free for anyone who has not received two doses of the MMR vaccine.

What are the symptoms and complications?

- Early symptoms of mumps include 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).

How is mumps spread?

- The virus spreads from an infected person by saliva or mucous droplets when coughing, sneezing, or talking or by touching objects infected by saliva or mucous such as a used tissue or toys.

How to identify and manage a student or staff member with mumps

- A student or staff member should be sent home if they have the following symptoms for two days or more:

Swelling of cheeks or underneath the jaw on one or both sides of the face

- The sick student or staff member should be isolated immediately until they leave the premises
- Even if there is no laboratory confirmation of the virus, all suspected cases should be managed as if they are mumps.

Who is a close contact?

- Close contacts are staff members or students who have been in close face-to-face contact (within a metre) of a person infected with mumps.

How to identify close contacts

- You are considered a close contact if you have recently spent time with a person infected with mumps. Close contacts include a spouse, a member of the same household, friend or family. You could also be in the same crèche, class, workspace, hostel, sports team ie rugby team, special interest or cultural group such as kapa haka.

Who is immune to mumps?

- Check the immunity status of close contacts to determine who could catch the disease and who should be vaccinated against mumps.
- If these close contacts are unsure about immunity, then they should see their doctor.

Establishing mumps immunity	
You are likely to be immune if:	<ul style="list-style-type: none"> - born prior to 1981, - diagnosed by a doctor with mumps previously - you have two <i>documented*</i> doses of MMR vaccine - you have had blood tests from the doctor which confirms immunity to mumps
You are not considered immune if:	<ul style="list-style-type: none"> - you do not have two <i>documented*</i> doses of MMR vaccine you have a weakened immune system - you are a child less than 15 months as you will have not received the MMR vaccine - you are a child 15 months - 4 years, as it is likely you will have had only one dose of MMR vaccine

*documented means recorded in well-child book or confirmation with GP practice

Excluding those who are not immune or who are at risk of catching mumps

- Students and staff members may need to be excluded to protect those in the school community and to stop the disease from spreading.

Use this table to assess who you need to exclude. Anyone who is excluded will need to stay at home in quarantine .		Quarantine at home
You are excluded and not considered immune if:	<ul style="list-style-type: none"> - you have not received any documented MMR vaccinations and you do not immediately get an MMR vaccine (with a second dose after four weeks) - 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 of your immunity. - you are considered high risk (see below) - you have a fever and facial swelling for two days or more - you are suspected of having mumps, but are still waiting for test results to arrive from your doctor 	Yes
You can still attend if:	<ul style="list-style-type: none"> - you have received two doses of the MMR vaccine - you had never received any MMR vaccine, but you have immediately received a first MMR vaccine and plan to get a second. - you are older than 3 years and have only had one MMR vaccination but you have immediately received a second MMR vaccine (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 - you were born before 1981 and/or have had mumps - you have blood tests which confirm immunity to mumps 	No

What happens when you are excluded?

- Anyone who is excluded from your school is required by law to stay in quarantine (Health Act 1956).
- Quarantine means the child or staff member remains away from other people. Those in quarantine cannot attend day care, school, work, social activities, sports/recreation events. They should not use public transport or visit public places such as cinema or shopping malls.
- Being in quarantine means you will not spread the infection to others if you get the disease while at home.

How long should people stay in quarantine?

- The quarantine period starts 12 days after someone's first contact with an infected person, lasting until 25 days after their last contact.
- Even if people have no symptoms they must stay in quarantine because they may still be infectious and develop the illness even up until the final day (day 25).
- For example if someone was initially in close contact with an infected person on 1 June and again on 5 June, then the quarantine period is 13 June – 30 June (which is 17 days inclusive, for this example).
- Those who have never had a MMR vaccine can avoid quarantine if they get a first MMR vaccine **immediately** and plan to get a second MMR vaccine in four weeks.
- Those who have had one MMR vaccine can avoid quarantine if they get a second MMR vaccine **immediately** (provided it is more than 4 weeks since the first MMR).

Who is most at risk of catching mumps?

- Adolescents and young adults, due to low rates of full vaccination.
- People who have not received or are unable to receive two doses of the MMR vaccine to make them immune, including:
 - People who have leukaemia, HIV, cancer, or have had an organ transplant.
 - Children under 15 months of age.
 - Pregnant women who are not immune to mumps.

For questions about mumps at your education facility call Public Health South on 0800 668 439.

For information on immunisation call the Immunisation Advisory Centre on 0800 Immune (0800 466 863) or visit www.immune.org.nz

For more information on mumps, including online advice and a self-assessment, visit:

<http://www.southerndhb.govt.nz/pages/current-issues-and-health-alerts/>