

Mumps – Information



About mumps

- We are experiencing an outbreak of mumps, which is a result of outbreaks in Auckland and parts of the Pacific.
- 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.

Preventing mumps

- Mumps is a highly infectious viral disease that **can be prevented** with the measles-mumps-rubella (MMR) vaccine. Antibiotics will not treat mumps.
- Contact your doctor if you are not immune for a free MMR vaccine catch up.

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.

For more information on mumps, including information on quarantine, visit:

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