

Mumps – Information for people with mumps



To protect your health please read this information carefully.

- You have been diagnosed with mumps which is a serious and highly infectious viral disease.
- You should tell **close** contacts that you have mumps and **stay away** from high risk people.
- We are experiencing an outbreak of mumps, which is a result of an outbreak in Auckland.

It is your responsibility to stop mumps from spreading. If you want further information or resources that a mobile phone friendly click on this [link](#)

Checklist

Tick here

1. Stay in isolation for the timeframe your doctor has advised to avoid infecting other people. Write your first day back here:

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You will be in isolation for five days after the first day of swelling in the face/cheek/jaw.

2. You must remain at home while in isolation. This means staying away from day care, educational facilities, work, social activities, sports/recreation events and public places such as public transport, cinema, and shopping malls.
3. If you live in a shared dormitory accommodation, let the manager know.
4. Inform your school/university/work about the illness and isolation period.
5. Inform people in **close contact** with you about which day you became infectious so they can take steps to protect themselves. Please give them the information sheet, share the link to the information sheet via text/social message, or send them this link to the survey: [Mumps – information for close contacts](#)

Keep away from **high risk contacts while you are infectious** (see below).

1. If you become more unwell with mumps and need to re-visit a doctor, please call ahead, so they can isolate you, and prevent the spread of mumps to others in the waiting room. Avoid going to hospital unless you are very unwell.
2. To limit spread of infection wash and dry your hands regularly with soap and warm water and a clean towel. Wash hands for 20 seconds then take 20 seconds to dry them.
3. To limit spread of infection cover your coughs and sneezes – use tissues and throw used tissues in the rubbish bin.
4. Stay away from pregnant women ie antenatal classes.

Let your close contacts know about your diagnosis

- A close contact is anyone you have been in face to face contact within a metre while you were infectious
- You were most **infectious for 2 days before** getting unwell, and should pass information on to close contacts from this period.
- Close contacts include a partner, a member of the same household, friend or family. You could also be in the same workspace, class, hostel, sports team ie a rugby team, special interest or cultural group such as kapa haka.

Why do I have to go into isolation?

- Being in isolation means you will not spread the infection to others.
- When you have mumps you are required by law to stay at home in isolation (Health Act 1956). **Stay at home for 5 days in isolation** after the onset of swelling in your face/cheeks/jaw.
- Isolation means you remain at home away from other people. You cannot attend day care, school, work, social activities, and sports/recreation events. You should not use public transport or visit public places such as cinema or shopping malls etc.

How is mumps spread and what are the complications?

Mumps is spread from an infected person by saliva or mucous when coughing, sneezing, or talking. It can be spread via face to face contact within a metre, or by touching an object infected from droplets, such as a used tissue or keyboard.

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 inflammation of the ovaries. In some people mumps can cause permanent hearing loss. For pregnant women there is risk of miscarriage in the first three months. In very few cases mumps can lead to inflammation of the brain and surrounding tissues (meningitis).

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 more information on mumps, visit: [Current Issues and Health Alerts - Southern District Health Board | Current Issues and Health Alerts](#)