

# Mumps – Information about Quarantine

To protect your health please read this information carefully. This information is for people who have been exposed to mumps and do not have immunity. See here for more information ([link](#)).

## About quarantine

- Being in quarantine means you will not spread the infection to others if you get the disease while at home.
- Quarantine means you (or your child) remain at home 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 or GP clinics.
- If you do not exclude yourself, it is possible that you will be formally excluded from an educational facility or workplace, and you will be required by law to stay at home in quarantine (Health Act 1956).

## How long do I stay in quarantine?

- The quarantine period starts 12 days after your first contact with an infected person, lasting until 25 days after your last contact.
- For example if you were 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).
- **Even if you have no symptoms you must stay in quarantine** because you may still be infectious and develop the illness even up until the final day (day 25).
- **If you get one MMR vaccine immediately you can avoid quarantine** if you also plan to get a second MMR vaccine 4 weeks after the first MMR.

## What should I do now?

- **If you do not have immunity and you want to avoid quarantine, please contact the practice nurse at your GP practice to arrange a free MMR vaccine immediately. You can avoid quarantine if you also plan to get a second MMR vaccine 4 weeks after the first.**
- Inform your educational facility or work if you are in quarantine and/or you develop mumps.
- To limit spread of infection wash and dry your hands regularly with soap and warm water and a clean towel. Wash your hands for 20 seconds and then take 20 seconds to dry your hands well.
- To limit spread of infection cover your coughs and sneezes – use tissues and throw used tissues in the rubbish bin.

- If you think you have mumps symptoms, please call healthline (0800 611 116 translation available 24/7), or call your GP before you visit them, to avoid passing mumps on.
- If you do not develop mumps, get a free MMR catch up vaccination(s) when you finish quarantine to protect yourself in the next outbreak.

**Avoid people who are at high risk of catching mumps**

- Adolescents and young adults, due to low rates of full vaccination
- People have not received or are unable to receive two doses of the MMR vaccine to make them immune, including children under 15 months of age
- People allergic to components of the MMR vaccine i.e. gelatine or the antibiotic neomycin
- Pregnant women who are not immune to mumps

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

For more information on immunisation, please call the Immunisation Advisory Centre on 0800 Immune (0800 466 863) or visit their website [www.immune.org.nz](http://www.immune.org.nz)

For more information on mumps, including information on what to do if you have mumps, visit:

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