

12/04/2017

## Mumps in Schools and Tertiary Institutions

- New Zealand is experiencing an epidemic of mumps, the majority in the Auckland region (51 mumps notifications from 01 January 2017 to 11 April 2017), placing schools and tertiary institutions at risk for mumps outbreaks.
- Since 2016, there has been a worldwide increase in mumps. In the USA, mumps in schools and tertiary institutions now exceed 4,500 cases. Large outbreaks in such settings have resulted in major disruptions to student learning.
- The information in this advisory aims to assist your institution to manage this situation with the support of the Auckland Regional Public Health Service.

### The symptoms and signs of Mumps

- Mumps is an infectious viral disease that is spread from person to person by saliva or mucous from the mouth, nose or throat of an infected person through coughing, sneezing or talking or through direct contact with infected saliva e.g. touching a computer keyboard.
- Symptoms include fever, headache, muscle aches, tiredness, and loss of appetite, followed by painful swelling of the salivary glands on one or both sides of the face, cheeks or jaw.
- While most people recover from mumps, serious complications such as inflammation of the brain and surrounding tissues, testicles, and ovaries can occur. Sterility is rare.
- A person with mumps is usually infectious for seven days before and five days after the onset of swollen salivary glands and can spread the infection to others during this period.
- A person infected with the mumps virus can take up to 25 days to show symptoms and signs.

### How to prevent catching or spreading Mumps

- Students and Staff need to check their immunisation status. If you are unsure please see your doctor.
- You are considered immune to mumps if: you were born before 1982, you were diagnosed and recovered from mumps, or you received two doses of the measles-mumps-rubella (MMR) vaccine, after your first birthday. If immune, you can attend school/lectures.
- Students and staff who have received one dose of MMR should get another dose (ensure the first MMR was given four weeks prior) and return to school/lectures.
- Those who are not immune to mumps should get one dose of MMR and a second dose four weeks later, otherwise should they be in close contact with a confirmed mumps case they will be required to stay away from school/lectures for up to 25 days.
- Immune-compromised persons such as those with chronic illnesses, pregnant women, or those on immunosuppressive medication are **unable** to receive MMR and should see their doctor.
- At all times practise good hand hygiene and cough etiquette. Avoid sharing food or drinks from the same plate, glass or bottle.

### What if I get Mumps?

- If you become unwell, keep away from school/lectures until you are seen by your doctor. Your doctor can test for mumps with a viral swab to the inside of your cheek, provide advice regarding isolation dates and test results, and notify Auckland Regional Public Health Service.
- For more information on mumps, please visit our ARPHS website ([www.arphs.govt.nz](http://www.arphs.govt.nz)).