

# Mumps - information for close contacts

This information is important for all people who have been in contact with mumps but especially:

- Healthcare workers
- ECEC/preschool staff
- Children who attend early childhood education such as pre-school or day-care

## Who is a close contact?

You are considered a close contact if you have recently spent time with a person infected with mumps. You could be a spouse, a member of the same household, friend or family. You could also be in the same work space, class, sports team, special interest or cultural group.

## Am I immune to mumps?

### You are considered immune if:

- you were born prior to 1981, or
- you have been diagnosed with mumps by a doctor previously, or
- you have received two documented\* doses of MMR vaccine, or
- you have had blood tests which confirm immunity to mumps

### You are not considered immune if:

- you have not received two documented\* doses of MMR vaccine or
- you have a weakened immune system, or
- you are a child aged less than 15 months, as you will have not received the MMR vaccine or
- you are a child 15 months to four years, as you will have had only one dose of MMR vaccine.

*\*Two doses have been documented at a GP practice or in a well child book*

Some non-immune people may need to stay at home in **quarantine** to protect others and stop the disease from spreading.

**All immune or non-immune adults can go to work if they don't work in healthcare or early childhood education.**

Please catch up on vaccinations and watch out for symptoms.

## People working in healthcare or early childhood education

### You can still go to work if you are considered immune as above **AND/OR**:

- you have received two doses of the MMR vaccine
- you only have one MMR vaccination but you have immediately received a second MMR vaccine (at least 4 weeks after the first MMR)

- you have blood tests which confirm immunity to mumps

**You should stay home from work if you are not considered immune as above AND:**

- you have not received any documented MMR vaccinations
- you have only had one MMR and you do not intend to get the second MMR vaccination required to make you immune.

## Children attending early childhood education or school

**Your child can go to school or an early childhood education centre if:**

- The child is over four years and has received two doses of the MMR vaccine. If they have had one dose, they can have the second dose and go back to school, if it has been four weeks since the first
- The child is aged 15 months to four years and has received vaccinations on time (MMR1)
- The child is aged between 12 to 15 months and has received an early dose of MMR vaccine (MMR1). A second vaccination (MMR2) can be given any time as long as it is four weeks after the first MMR vaccination but do continue to monitor for symptoms.

**Your child should stay home if:**

- They have not received any MMR vaccines and are not intending to have any
- They are aged under 15 months and are not intending to have an early MMR1 (if age appropriate)
- They are considered high risk (see **Avoid people at risk of catching mumps** below)
- They have swelling in the face, cheeks or jaw for two days or more (keep home for 5 days).

## What is quarantine and how long do I stay at home?

- Being in quarantine means you need to stay at home so you will not spread the infection if you get the disease
- You cannot attend day care, school, work, social activities, sports/recreation events, or use public transport or visit public places such as shopping malls
- The quarantine period starts 12 days after your first contact with an infected person, lasting until 25 days after your last contact
- 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)
- 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 (17 days inclusive for this example).

## Avoid people at risk of catching mumps

- Adolescents and young adults, due to low rates of full vaccination
- Pregnant women who are not fully vaccinated against mumps
- Children under 15 months of age
- People with a weakened immune system: they can become seriously ill and develop severe complications. These include transplant patients, those with illnesses such as leukaemia or HIV, cancer patients receiving chemotherapy or radiotherapy, people taking high-dose steroid or immune suppressive medication.

**For information on mumps, there are factsheets on the ARPHS website [www.arphs.govt.nz](http://www.arphs.govt.nz)**

**If you suspect mumps, call your doctor or Healthline for advice on 0800 611 116**

**For immunisation queries, call 0800 Immune (0800 466 863) or visit [www.immune.org.nz](http://www.immune.org.nz).**

*Last updated December 2017*