

# Mumps - information for primary and intermediate schools

- Mumps is a serious and highly infectious viral disease that can be prevented with the measles-mumps-rubella (MMR) vaccination. Antibiotics will not treat this infection.
- You will need to take action if a child or staff member is suspected of having mumps.
  - This means identifying staff and children who have been in **close contact** and are **not immune**. Some children and staff may need to be **excluded** from your school.
  - It also means assessing if anyone at your school is at **high risk** of catching the disease or developing complications.

Checklist	Tick here
Identify which children and staff are <b>close contacts</b> of the infected person as you will need to determine their immunity. Those who are <b>not immune</b> and/or <b>high risk</b> need to be <b>excluded</b> from your school. <ul style="list-style-type: none"> <li>• <i>Check the immunisation register at your school</i></li> <li>• <i>Use the immunity table and exclusion tables below</i></li> <li>• <i>See heading How to identify close contacts</i></li> <li>• <i>See heading Avoid people who are at risk catching mumps</i></li> </ul>	
Distribute this sheet to <b>close contacts</b> to inform them of exposure to mumps: Mumps – information for close contacts (see ARPHS website).	
Inform those <b>close contacts</b> and <b>high risk</b> people who need to be <b>excluded</b> from your school. – <i>See immunity and exclusion tables</i>	
Promote immunisation for mumps with the MMR vaccine by distributing this fact sheet to parents and staff: Immunisation with MMR (see ARPHS website).	
Teach children how to use tissues to cover coughs and sneezes and throw used tissues in the bin	
Teach children about good hand hygiene. <i>Encourage children to wash and dry their hands regularly with soap and warm water for 20 seconds and then taking 20 seconds to dry their hands well with a clean towel.</i>	
Disinfect surfaces and objects which may be contaminated with saliva such as toys, door handles and keyboards. Do not share drinks and cups.	

## Protecting yourself and others from mumps

- The best way to protect against mumps is to be vaccinated with two doses of the measles-mumps-rubella (MMR) vaccine.

- In New Zealand MMR vaccination is routinely given at age 15 months and again at four years. However, during an outbreak children who are contacts of a mumps case are eligible for their first MMR vaccine at 12 months and can get a second MMR four weeks later.
- Contact your doctor if you are unsure if you have been vaccinated, or if you need to catch-up with a second dose. MMR vaccination is free for those who have not received two doses of the MMR vaccine.

### What are the symptoms and complications?

- 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).

### How to identify and manage a child or staff member with mumps

- A child or staff member should be sent home if they have the following symptoms for two days or more
- Fever and swelling of cheeks or underneath the jaw on one or both sides of the face
- The sick child or staff member must be isolated immediately until they leave the premises
- Even if there is no laboratory confirmation of the virus, all suspected cases should be managed as if they are mumps.
- The child or staff member will need to be assessed by a doctor for mumps before returning to the school.

### Who is a close contact?

Close contacts are staff members or children who have been in face-to-face contact (within a metre) of a person infected with mumps.

### How to identify close contacts

You are considered a close contact if you have recently spent time with a person infected with mumps. Close contacts include a spouse, a member of the same household, friend or family. You could also be in the same crèche, class, work space, hostel, sports team i.e. rugby team, special interest or cultural group such as kapa haka.

## How is mumps spread?

The virus spreads from an infected person by saliva or mucous droplets when coughing, sneezing, or talking or by touching objects infected by saliva or mucous such as a used tissue or toys.

## Who is immune to mumps?

Check the immunity status of close contacts to determine who could catch the disease and who should be vaccinated against mumps.

If these close contacts are unsure about immunity, then they should see their doctor.

Establishing mumps immunity	
<b>You are considered immune if:</b>	<ul style="list-style-type: none"> <li>– born prior to 1981, or</li> <li>– diagnosed with mumps (by a doctor) previously, or</li> <li>– you have received two <i>documented</i>* doses of MMR vaccine, or</li> <li>– you have had blood tests which confirm immunity to mumps</li> </ul>
<b>You are not considered immune if:</b>	<ul style="list-style-type: none"> <li>– you have not received two <i>documented</i>* doses of MMR vaccine, or you have a weakened immune system, or</li> <li>– you are a child aged less than 15 months, as you will have not received the MMR vaccine or</li> <li>– you are a child 15 months to four years, as it is likely you will have had only one dose of MMR vaccine</li> </ul>

\*documented means recorded in well-child book or confirmation with GP practice

## Excluding those who are not immune or who are at risk of catching mumps

Students and staff members may need to be excluded to protect those in the school community and to stop the disease from spreading.

Use this table to assess who you need to exclude. Anyone who is excluded will need to stay at home in **quarantine**.

		Quarantine at home
<b>You are excluded and not considered immune if:</b>	<ul style="list-style-type: none"> <li>– you have not received any documented MMR vaccinations</li> <li>– you are a student or an adult and 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 of your immunity.</li> </ul>	<b>Yes</b>

	<ul style="list-style-type: none"> <li>- you are considered high risk (see heading <i>Avoid people who are at risk catching mumps</i>)</li> <li>- you have a fever and facial swelling 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>	
<b>You can still attend if:</b>	<ul style="list-style-type: none"> <li>- you are a student or an adult with only one MMR vaccination but you have immediately received a second MMR vaccine (at least 4 weeks after the first MMR)</li> <li>- you have blood tests which confirm immunity to mumps</li> <li>- you have received two doses of the MMR vaccine</li> </ul>	<b>No</b>

### What happens when you are excluded?

- Anyone who is excluded from your school is required by law to stay at home in quarantine (Health Act 1956).
- Quarantine means the child or staff member remains at home away from other people. Those in quarantine cannot attend day care, school, work, social activities, and sports/recreation events. They should not use public transport or visit public places such as cinema or shopping malls.
- Being in quarantine means you will not spread the infection to others if you get the disease while at home.

### 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.
- 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 (which is 17 days inclusive, for this example).
- Those who have had one MMR vaccine can avoid quarantine if they get a second MMR vaccine immediately (provided it is more than 4 weeks since the first MMR).

### Avoid people who are at risk 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. This includes:
  - People with a weakened immune system (immune-compromised) can become seriously ill and develop severe complications. These are:

- 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
- 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.

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

**More mumps resources are available on the ARPHS website [www.arphs.govt.nz](http://www.arphs.govt.nz).**

**For further information contact the Auckland Regional Public Health Service on 09 623 4600**

*Last updated June 2017*