

# Mumps

## About mumps

- Mumps is a serious and highly infectious viral disease prevented by the measles-mumps-rubella (MMR) vaccination.
- Mumps is spread from an infected person by saliva or mucous droplets when coughing, sneezing, or talking. It can be spread via face to face contact within a metre, or by touching an object infected from saliva and mucous, such as a used tissue or keyboard.
- Antibiotics will not treat this infection or reduce your risk of catching mumps.
- 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).

## 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 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.

The ARPHS website has more information on Measles mumps rubella & the MMR vaccine

## Am I immune to mumps?

<p><b>You are considered immune if:</b></p>	<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>
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<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</li><li>- 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>
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\*documented means recorded in well-child book or confirmation with GP practice.

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

**For fact sheets on mumps and MMR vaccination visit the ARPHS website [www.arphs.govt.nz](http://www.arphs.govt.nz)**

**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)**

*Last updated June 2017*