

# Mumps Whanau pack

Information for people with mumps



## Fact sheet 1 –

## Information for people with suspected mumps

### You may have mumps

Your doctor suspects you, or your child, has mumps.

Please follow your doctor's advice and stay at home in isolation until:

- You/your child are no longer infectious (see below) OR
- Test results show you/your child don't have mumps.

### Stay away from others so you don't spread the illness

1. Stay at home until five days after the first day of swelling of the face, cheek or jaw. This means you should stay at home until the end of this day (i.e. for six days in total):

\_\_\_\_\_ (date)

*Doctor to insert the end date of the infectious period*

If you need to see a doctor again, phone first so you don't infect waiting rooms.

2. If your doctor confirms you have mumps:

The infectious period is 2 days before the swelling appears, the first day of the swelling and then 5 days after (8 days in total). Your infectious period is:

From \_\_\_\_\_ to \_\_\_\_\_

*Doctor to complete the whole infectious period*

People may have caught mumps from you at any time in this period. Please tell family and visitors (see overleaf for who is at risk).

### Why do I have to stay at home in isolation?

If you are developing mumps, staying home in isolation stops it spreading to others and helps you recover.

## Fact sheet 1 - Information for people with suspected mumps (cont'd)

### What does isolation mean?

It means staying home away from others. Do not go to work, school, preschool, group or social activities, sports, or public places like movie theatres, shopping malls, supermarkets, other food markets and cafes. Do not use public transport or visit friends or family. Avoid being in the same room as people who are not immune to mumps.

### What if I feel worse and need to go to a doctor again?

If you need to see a doctor, please phone the medical centre or after-hours clinic before you go and tell them you may have mumps.

### What do I do if tests confirm I have mumps?

If you/your child do have mumps, you will have been infectious from two days before the swelling started, the day of the swelling, and until five days after (eight days in total). Here's what you need to do:

#### 1. Make a list of people who might have caught mumps from you

**You will need to tell others who may have caught the disease from you or your child.**

List the people who you/your child have been near during those eight days:

- Family members at home, any visitors or people visited
- People at your workplace or tertiary institute, or your child's school, early learning service or preschool
- Any groups of people you have seen – at parties or social events, in sports teams or cultural groups.

**Only those who have been within a metre of you at any time during these eight days are considered at risk of catching mumps from you. These are your 'close contacts.'**

**All close contacts should be aware they could develop mumps and watch for symptoms. Some may have to stay away from work, pre-school or school if they are not immune.**

#### 2. Please tell these people and provide them the *Fact sheet 2 Information for Close Contacts Exposed to Mumps*

Make sure that your close contacts know you have mumps. You can have someone give them copies of the information on the following pages. Or you can refer them to the 'close contacts' fact sheet on the Auckland Regional Public Health Service website [www.arphs.health.nz/mumps](http://www.arphs.health.nz/mumps)