

Letter to parents/caregivers

Dear Parent or Guardian

Your child has been near someone with mumps at preschool. Your child may have caught the disease if they are not immune.

Mumps is a serious viral infection and is spread from person to person through coughing and sneezing. This letter tells you what you need to do.

If your child has:

1. had two doses of mumps vaccine (measles mumps rubella vaccine called MMR) and has evidence in their Well Child(Plunket) book, or from your family doctor, **your child can go to pre-school OR**
2. had one MMR
 - if aged 12 months or over, **they can attend if they have had one MMR**
3. OR has been diagnosed with mumps in the past, **your child can attend pre-school.**

If your child has had no MMR vaccinations, you are advised to keep your child at home until the end of their quarantine (see below).

- **Those under 12 months will need to stay at home as they cannot be vaccinated.**
- **Those 12 months or over can get vaccinated with one MMR and return with evidence of vaccination**

If your child is not vaccinated or immune, you are strongly advised to keep your child at home from _____ until

It is strongly recommended that your child stays in quarantine and does not go out into the community if they have not had one MMR. If your child is not vaccinated, your child could be developing mumps and infect other people.

Watch for signs of mumps

Mumps vaccination is not 100 percent effective, so even children who've had an MMR vaccine sometimes get mumps. Please watch out for mumps symptoms over the next 25 days.

Early symptoms are 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. If your child develops these symptoms, they should see a doctor (call ahead and tell your medical centre about the exposure to mumps.)

If your child has a weakened immune system (e.g. if they have an inherited immune problem or are receiving chemotherapy for cancer), please contact your doctor to discuss further.

For more information about mumps, contact Healthline on 0800 611 116 or visit www.arphs.health.nz/mumps

For children who aren't immune: vaccination is the best protection

We strongly recommend you get your child or children vaccinated on time at 12 months and 15 months of age. These MMR vaccinations are free and will protect your children from mumps, measles and rubella.

Medical Officer of Health
Auckland Regional Public Health Service