

Letter to staff member

Dear Staff Member

You have been in the same classroom as, or in close proximity to, someone with mumps. You may have caught the disease if you are not immune. This letter tells you what you need to do.

Mumps is a serious viral infection. People can be quite unwell, and they may need to go to hospital. Mumps spreads through coughing, sneezing and talking, and those within a metre of the infected person are most at risk.

If you:

1. Were **born before 1 Jan 1982**, you are considered immune and **you can continue to go to work** (you most likely had mumps as a child).
2. have had **two doses of mumps vaccine** (measles mumps and rubella vaccine called MMR) and can provide evidence, from your Well Child (Plunket) book or your family doctor, **you can continue to go to work.**
3. Have had **one dose of MMR vaccine**, provided you get a second MMR vaccination immediately (but a minimum of 4 weeks after your first dose), **you can continue to go to work, even before your second MMR vaccination.**
4. Have had a **mumps diagnosis** in the past or a blood test proving immunity, **you can continue to go to work.**
5. Have had **no MMR vaccinations or do not have evidence of vaccinations. You are advised to stay at home until the end of the quarantine period below UNLESS you get a MMR vaccination.** When you have evidence of getting an MMR vaccination, you can return to work.

If you are not vaccinated or immune, you are strongly advised to stay at home from today until

If you choose not to get a vaccination for mumps immediately, it is strongly recommended that you stay in quarantine and do not go out into the community. If mumps is developing you can infect other people.

You should watch for signs of mumps

Mumps vaccination isn't 100 percent effective, so even people who've been vaccinated sometimes get mumps. Please watch out for mumps symptoms over the next 25 days.

If you develop a fever or swelling of cheeks or under the jaw on one or both sides of the face, see a doctor. Call your doctor before visiting and explain you have been exposed to mumps.

If you are pregnant and not immune, or have a weakened immune system (e.g. if you have an inherited immune problem or are receiving chemotherapy for cancer), please contact your doctor to discuss further.

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

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

Around 85 percent of people who have been vaccinated with the Measles, Mumps and Rubella (MMR) vaccine are protected against mumps. One MMR will protect around 65 percent of people from the disease. Currently in New Zealand, MMR is scheduled to be given at 12 months and 15 months of age.

We strongly recommend you and your family get vaccinated with MMR, to provide protection against measles and rubella as well.

Medical Officer of Health
Auckland Regional Public Health Service