

Letter to staff member

Dear Staff Member

You have been in the same classroom as someone with mumps, or in close proximity to that person. 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 from person to person through coughing and sneezing.

1. If you were born before 1 Jan 1982 you are considered immune (it is assumed you would have had mumps as a child) so **you can continue to go to work.**
2. If you have evidence of two doses of mumps vaccine (MMR) (in your Well Child/Plunket book, or from your family doctor), **you can continue to go to work.**
3. If you have evidence of one MMR vaccination, you should get a second MMR immediately (but a minimum of four weeks after the initial dose), **but you can continue to go to work even before your second MMR vaccination.**
4. If you have had a diagnosis with mumps in the past or a blood test proving immunity, **you can go to work.**
5. If you have had no MMR vaccinations, **you are advised to stay at home until the end of the quarantine period (see below) UNLESS you get a MMR vaccination.** When you have evidence of an MMR vaccination, you can return to work.

If you are not vaccinated or immune, you are strongly advised to stay at home from _____ 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% effective, so even people who've been vaccinated do 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 you develop these symptoms, you should see a doctor (call ahead and tell your medical centre you have been exposed to mumps before visiting.)

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 fully vaccinated with the Measles, Mumps and Rubella (MMR) vaccine are protected against mumps. One MMR will protect around 65% 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. Once the quarantine period is over please ask your family doctor for more information.

Medical Officer of Health
Auckland Regional Public Health Service