

Mumps pack for early learning services

Includes information for children and staff exposed to mumps



This pack includes:

1. Managing Mumps in Early Learning Services – a Guide
2. Letter templates for parents with children exposed to mumps
3. Letter template for staff members exposed to mumps
4. Mumps - information for parents and staff

Current as of 5 February 2021

Managing Mumps in Early Learning Services – a Guide

1. When you are told about a SUSPECTED mumps case at your service

When you hear about a person with mumps at your service, please ask the parent or staff member if the case has been confirmed – either through a test result, by a health professional or by Auckland Regional Public Health Service (ARPHS).

If it is only suspected and not confirmed, the person should stay away from your service until given the all clear, but no further action is needed from the service.

If you have two or more suspected cases of mumps at your workplace please phone ARPHS on 623 4600 for support and advice.

2. Being notified of a CONFIRMED mumps case

Auckland Regional Public Health Service will ring your service if a child or staff member is confirmed with mumps (a 'confirmed case'). You may hear also from the staff member or the parent of the child with mumps.

3. Knowing the infectious period of a CONFIRMED case

The child or staff member with mumps needs to be in isolation for five days after the first day of swelling in the face, cheek or jaw. People are infectious from two days before the first day of swelling, the day of swelling and five days afterwards.

Person is infectious from _____ to _____
ARPHS to provide the dates

The **person with mumps** is to stay at home until the end of the last day of the infectious period. They can return to your service the next day if they feel well enough.

4. Ring ARPHS to discuss who is at risk of developing mumps at your service

Auckland Regional Public Health Service will ring you, but if you have been informed first, please check when the person with mumps was at your service over this period – their attendance dates. Have these ready and phone ARPHS on 09 623 4600 during weekdays. If you are advised of a CONFIRMED case at the weekend, you can also call us on this number.

Auckland Regional Public Health Services will help you work out who else at in your service is at risk, based on the infectious period (when they could pass mumps to others) and the attendance dates of the person with mumps.

5. Work out who was exposed to mumps during the infectious period

For mumps, others are exposed to the virus if they have been in face to face contact (within a metre) during the infectious period. Those exposed to the virus are called 'close contacts.'

Close contacts are usually children or staff at your centre who have been in the same space as the person with mumps. The virus is spread easily through saliva and mucus while talking, sneezing, coughing and during close contact. ARPHS will help your service decide who has been exposed to mumps.

Close contacts who are vaccinated or immune do not need to go into quarantine. People who are not vaccinated or not immune may be developing mumps and may need to go into quarantine.

6. Note the quarantine period – this is when close contacts who are not immune will have to stay at home

ARPHS will tell you the Quarantine Dates (below) to be added to letters to parents and staff. Usually non-immune children and staff need to start quarantine 12 days after their first contact with the infected person and stay there until 25 days after the final day of contact.

Quarantine from _____ to _____ <i>ARPHS to provide the dates</i>
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7. Send out letters to staff and the parents of all exposed children (close contacts)

There are two letters from ARPHS for close contacts - one for parents whose children have been exposed and one for staff members (see the next two pages.) These letters explain who may not be immune, and therefore who may be recommended to go into quarantine. Please enter the quarantine dates advised by ARPHS.

Do not name the child or staff member with mumps.

8. Children and staff members who are close contacts, but without proof of vaccination or immunity, are strongly recommended to stay in quarantine

We strongly advise that children and staff who have been exposed to mumps and cannot provide evidence of immunity go into quarantine. We ask that you use the ARPHS form letters to pass on this advice to all close contacts.

Staff and children **do not** need to stay away if they:

- have received two MMR vaccinations and this has been documented OR
- have had one MMR – those 12 months and over and staff are recommended to have a second MMR 4 weeks after first MMR OR
- have had a documented diagnosis of mumps OR
- were born prior to 1 January 1982, OR
- have a blood test proving immunity

Students and staff who cannot prove that they are immune are strongly recommended to stay at home for the quarantine period if:

- **They are babies under 12 months as they are not routinely able to be vaccinated with MMR.**
- **They are staff or children who are not going to get vaccinated.**

Check your immunisation register (early learning services are required to have one) and then identify any exposed close contacts who do not have evidence of immunity. You will also need to ask exposed staff born after 1 Jan 1982 to provide proof of immunity.

9. Be aware of people at high risk if they catch mumps

Mumps can be a very serious illness in some people and can lead to complications. These include inflammation of the testicles (1 in 4 adolescent and adult males) or inflammation of the lining of the brain (meningitis - 1 in 7 people). There is a small risk of miscarriage during the first three months of pregnancy.

Letter to parents/caregivers

Dear Parent or Guardian

Mumps at

Your child has been near someone with mumps. 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

Letter to staff member

Dear Staff Member

Mumps at

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

Why do I (or my child) have to stay at home in quarantine?

You may be developing mumps; staying home stops it spreading to others and making them unwell.

What does quarantine mean?

It means staying home away from others who are not immune to mumps. Do not go to work, preschool, or social activities, sports, or public places like movie theatres, shopping malls, supermarkets and other food markets. Do not use public transport or visit friends or family.

What are the symptoms?

Mumps typically begins with a few days of fever, headache, muscle aches, fatigue and poor appetite. These symptoms are followed by swelling of the cheeks or under the jaw on one or both sides of the face, within two days.

What if I or my child feel worse or have symptoms, and need to go to a doctor again?

If you need to see a doctor, phone the medical centre or after-hours clinic before going there and tell them you (or your child) may have mumps.

One of my children hasn't been in the same room or building as the mumps case. Are they still at risk?

If your child has been in the same room or space as the person with mumps while they were infectious, then your child may have been exposed to the virus.

If your child has not been in the same space or building as the case with mumps, then the risk is very low. We are not asking you to keep this child at home, but do watch for symptoms, particularly if they are not vaccinated.

I don't have any proof that I have been vaccinated – what do I do?

If you are an adult born after 1 January 1982, and if your doctor cannot confirm you have been vaccinated or had mumps, you will need to stay home for the quarantine period or until you are vaccinated.

If my child has been exposed to mumps, do I have to tell others?

You do not need to tell anyone else that your child may be developing mumps and is in quarantine, unless your child is confirmed as having the virus.

My child has only had one MMR because of their age, should I get them a second one to protect them?

Your child should get their next MMR at 15 months, as planned.

I'm pregnant or have a weakened immune system – am I at risk?

Pregnant women who haven't been vaccinated and people with weakened immune systems are at greater risk from mumps. They or their caregiver should ask their doctor or lead maternity carer for advice.