

Letter to parents/caregivers

Dear Parent or Guardian

Your child has been in the same classroom, or has been close to, someone with mumps. Your child may have caught the disease **if they are not immune**. This letter tells you what you need to do.

Mumps is a serious viral infection and is spread from person to person through coughing and sneezing.

If your child has:

1. Had two doses of mumps vaccine (MMR) and has evidence in the Tamariki Ora/Well Child (Plunket) book, or from your family doctor, **your child can go to school**.
2. Has evidence of one MMR vaccination, and then gets a second MMR immediately (but at least four weeks after the first vaccination), **your child can still go to school, even before the second MMR vaccination**.
3. Been diagnosed with mumps in the past, **your child can go to school**.
4. Had no MMR vaccinations, **you are advised to keep your child at home until the end of their quarantine (see below) UNLESS they get a MMR vaccination**. They can return to school when they have evidence of one MMR dose.

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

If you choose not to get your child vaccinated for mumps immediately, it is strongly recommended that they stay in quarantine and do not go out into the community. If mumps is developing your child could infect other people.

Parents should watch for signs of mumps

Mumps vaccination is not 100% effective, so even people who've had MMR vaccines 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 your child develops these symptoms, they should see a doctor (call ahead and tell your medical centre your child has been exposed to mumps before visiting).

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

MMR is given at 12 months and 15 months of age.

We strongly recommend if your child has not had two MMR vaccinations, they are immunised to protect them from measles and rubella as well. When the quarantine period is over please ask your family doctor for more information.

Medical Officer of Health
Auckland Regional Public Health Service