

# Mumps pack for schools



## Information for students and staff exposed to mumps

### This pack includes:

1. Managing Mumps in Schools – a Guide
2. Letter template for parents of children exposed to mumps
3. Letter template for staff members exposed to mumps
4. Information sheet for parents and staff

## 1. When you are told about a SUSPECTED mumps case at school

When you hear about a person with mumps at school, 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 school until given the all clear, but no further action is needed from the school.

If you have two or more suspected cases of mumps at your school please phone Auckland Regional Public Health Service (ARPHS) on 623 4600 for support and advice.

## 2. Being notified of a CONFIRMED mumps case

Auckland Regional Public Health Services (ARPHS) will ring your school if a student or staff member is confirmed with mumps i.e. a confirmed case. Your school may also hear from the staff member, the parent or the student with mumps themselves.

## 3. Knowing the infectious period of a CONFIRMED case

The student or staff member with mumps needs to be in isolation for five days after the onset of swelling in the face, cheek or jaw. People are infectious from two days before the onset of swelling, the first 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 school the next day if they feel well enough.

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

ARPHS will ring but if you have been notified first, please check when the person with mumps was at school over this period – their attendance dates. Have these ready and phone ARPHS on 09 623 4600 during weekdays. If you receive notification of a CONFIRMED case at the weekend, you can also call us on this number.

ARPHS will then assist you to work out who else at school 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 one metre) during the infectious period. Those exposed to the virus are called 'close contacts.'

Close contacts are usually people in the same class, sports team or cultural group 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 are advised to go into quarantine.

## 6. Note the quarantine period – when close contacts who are not immune are advised to stay at home

ARPHS will advise the Quarantine Dates (below) to be added to letters to parents and staff. Non-immune students and staff are recommended to be in quarantine starting 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 \_\_\_\_\_ *ARPHS to provide the dates*

## 7. Send out letters to all exposed students and staff (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 is recommended to go into quarantine. Please enter in the end of quarantine date according to ARPHS' advice.

**Do not name the student or staff member with mumps, but specify the class or group exposed to the virus.**

## 8. Students and staff members who are close contacts, but don't have proof of at least one MMR vaccination or immunity, are strongly recommended to stay in quarantine

We strongly advise that students and staff who have been exposed to mumps and cannot provide evidence of immunity go into quarantine. Please 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:

- were born prior to 1 January 1982 (it is assumed they would have had mumps as a child).
- have evidence of two MMR vaccinations, OR
- have evidence of one MMR. They can remain at school but should get a second MMR immediately (but a minimum of four weeks after their first dose), OR
- have had a documented diagnosis of mumps, OR
- have a blood test proving immunity

**Students and staff (born after 1 January 1982) are strongly recommended to stay at home for the quarantine period if they cannot prove:**

- **they have had at least one MMR, OR**
- **that they are immune because of a mumps diagnosis or a blood test**

**They can return to school as soon as they get one MMR vaccination and can provide evidence of this vaccination.**

Check your immunisation register (primary schools 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 on or 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 brain (1 in 7 people). There is a small risk of miscarriage during the first three months of pregnancy.

People at **highest risk of developing severe mumps and complications** are unvaccinated adolescents and adults.

# Letter to parents/caregivers

Dear Parent or Guardian

## Mumps at

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](http://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**

# Letter to staff member

Dear Staff Member

## Mumps at

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](http://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**

## 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 may not be immune to mumps. Do not go to work, school, group 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 classroom as a mumps case. Are they still at risk?

If your child has been in the same class, 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 is not in the same class, even though they may have been in the same classroom afterwards or in the same hall or playground, 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 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.

## I can't find my vaccination records – can I just get an MMR?

If you or your child has only had one MMR, get a second MMR vaccination immediately, provided it is four weeks since the first MMR. If your child (or you as a staff member) has no record of any MMR vaccinations, have a MMR vaccination as soon as possible.

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

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