

Fact sheet 2-

Information for close contacts exposed to mumps

You have been near someone who has mumps

You have been given this information as you've been near to someone with mumps. This means if you are not vaccinated or immune, you may get mumps too. Those born before 1 Jan 1982 are considered protected against mumps.

Mumps is a viral illness spread through talking, coughing and sneezing. If you have been within a metre of someone with mumps while they were infectious, you may have caught mumps.

- 1. Please watch out for mumps symptoms** - 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. Some people will get mumps even if they are vaccinated.
- 2. If you (or your child) have had one or more (measles mumps rubella) MMR vaccination or previous mumps, you can continue your life as usual.** Please get a second MMR if you have only had one, watch for symptoms, and seek medical attention if you suspect mumps (but phone your doctor first).
- 3. If you were born after 1 Jan 1982 and you (or your child) are not immune or vaccinated,** you are advised to stay at home in quarantine – please see the quarantine fact sheet overleaf.

However, you can return to work, study or attend pre-school or school once you have received a MMR vaccination and provide proof of this vaccination.

- 4. Please stay away if you work at a healthcare facility,** you were born after 1982 and
 - have not had two MMR vaccinations OR
 - a blood test proving immunity OR
 - had mumps previously.
- 5. If you are 'immunocompromised,' (due to a medical condition or to medication that has weakened your immune system)** you will need to stay away from work, study, school or pre-school. You may want to seek advice from your doctor.
- 6. Those who are pregnant and not vaccinated or immune** should also see their lead maternity carer or doctor.

Protection from mumps vaccination can decline over time. There's still a small possibility a vaccinated person can get mumps, especially if older. Please watch out for symptoms (point 1 above) even if you have had an MMR vaccine.

If you need to see a doctor, please phone before visiting and tell them you have been exposed to mumps. You can also call Healthline on 0800 611 116 for advice.