

Mumps - Information for people at high risk

- Mumps is a serious and highly infectious viral disease, which can be prevented with the measles-mumps-rubella vaccine.
- During a mumps outbreak, some people are at higher risk of becoming ill with mumps or developing complications.
- Those at **high risk** include people with weakened immune systems (immune-compromised from medical conditions or medication), adolescents and young adults, children aged less than 15 months and non-immune pregnant women.
- **You are at risk** if you have been in face to face contact within a metre of someone with mumps, or if you have touched an object infected from saliva or mucous droplets, such as a used tissue or keyboard.
- You are most likely to catch mumps from a spouse, a member of the same household, a friend who you have spent time with or someone in the same work space, class, sports team or special interest group such as a kapa haka group.
- Ask your family and close contacts to help protect you by being vaccinated against mumps.

People with a weakened immune system

- Some people are born with a weak immune system and cannot receive the MMR vaccine. People are immune compromised due to medical conditions or medication, for example:
 - transplant patients
 - those with illnesses such as leukaemia or HIV
 - cancer patients receiving chemotherapy or radiotherapy
 - people taking high-dose steroid medication or immunosuppressive medication

Adolescents and young adults

- Young people are highly susceptible to mumps and its serious complications. Males can experience pain and swelling in their testicles, which in rare cases, results in infertility. This age group also has low rates of full vaccination.

Pregnant women

- If you have received two MMR doses of vaccine in the past you are almost certainly protected.
- Pregnant women who become ill with mumps are at risk of miscarriage in the first three months. Please call your GP or lead maternity carer as soon as possible.
- Pregnant women should not receive the MMR vaccine. If you think you have come in close contact with someone with mumps, please call your GP or lead maternity carer as soon as possible.

Babies under 15 months

- Babies under 15 months are highly susceptible to mumps. The first measles-mumps-rubella (MMR) vaccine is not given usually until a child reaches 15 months.
- It is possible to have a child immunised at 12 months, instead of the scheduled immunisation at 15 months
- If you think your baby has mumps, or has been in close contact with someone with mumps, please call your GP as soon as possible by phone.
- Please keep your baby under 12 months away from day care or family if there has been a case of mumps. Consider MMR vaccination around their first birthday.

Allergy to components of the MMR vaccine

- Includes people with an anaphylactic reaction to the components of the vaccine and those who are allergic to gelatin or neomycin.

Who should not receive MMR Vaccine

- Non immune pregnant women
- Immune-compromised people
- Those allergic to components of the MMR vaccine

For more information, talk to your GP or call HEALTHLINE on 0800 611 116.

More mumps resources are available on the ARPHS website www.arphs.govt.nz.

For information on immunisation, call the Immunisation Advisory Centre on 0800 Immune (0800 466 863) or visit www.immune.org.nz

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