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. Babies under 12 months will need to stay at home in quarantine, unless they have been previously vaccinated.

5. 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.

6. 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.

7. 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.
Information on Quarantine

Who is advised to go into quarantine?

Close contacts of someone with mumps and who are not immune will need to stay home in quarantine. People who are not considered immune:

- All babies under 6 months as they can’t be vaccinated
- Babies aged 6 to 12 months who haven’t been vaccinated
- People who have not had any MMR (and born after 1st Jan 1982)
- Healthcare workers who don’t have two MMRs (and born after 1st Jan 1982)
- Those who are immunocompromised.

What is quarantine?

Quarantine means staying home, away from others who are not immune until you know you (or your children) are not getting sick with mumps. It takes up to 25 days for a person who has become infected with mumps to start having symptoms.

Why do I need to stay in quarantine?

Staying in quarantine is important because if you (or your child) are getting sick with mumps, you can spread it to others even before you feel sick or show symptoms.

Being in quarantine means you or your child should not use public transport, or visit neighbours, family and friends (and they should not visit you if they are not immune). You or your child should not go to:

- Work, preschool, school, university, college or technical institutes
- Church or other places of worship
- Social or sports activities (including gyms, shopping malls and movies)
- Supermarkets and food venues, such as restaurants, cafes, takeaways and food markets.

What is the quarantine period?

If you saw the person with mumps during their infectious period – 2 days before the swelling, the day of the swelling and 5 days after the swelling appears - note the dates that you saw them.

- If you are not immune to mumps, you should stay at home in quarantine:
  - You go into quarantine 12 days after the first day you saw the person with mumps.
  - You count 25 days from the last time you saw the person with mumps. The end of the 25th day is the day your quarantine period finishes.