

Mumps Whānau Pack

Instructions for GPs



Includes information for people with suspected mumps and those close to them

Instructions for GPs – this pack includes:

1. Clinical pathway for mumps
2. The Whānau Pack for patients with suspected mumps - including
 - Fact sheet 1 – *Information for people with suspected mumps*
 - Fact sheet 2 – *Information for close contacts exposed to mumps*
 - A quick guide to mumps
1. Please fill out the key dates in *Fact sheet 1- Information for People with Suspected Mumps*, and give to the case, explaining isolation.
2. Show the case *Fact sheet 2 – Information for Close Contacts Exposed to Mumps*. The case should give copies to their close contacts (those within a metre of the case during their infectious period), but **ONLY IF MUMPS IS CONFIRMED**.
3. Give the Whanau Pack with copies of the Close Contacts fact sheet for the case to hand on, or the case can refer their contacts to the fact sheet on the Auckland Regional Public Health website mumps page.
4. Unvaccinated and non immune close contacts can avoid quarantine if they get one MMR immediately (except healthcare workers and babies under 12months).

MUMPS

Clinical Pathway for Health Professionals

Unilateral or bilateral tender, swelling of the parotid (parotitis) or other salivary gland (face, cheek or jaw,) lasting more than two days **AND** without other apparent cause.

Differential diagnosis of parotitis - EBV, adenovirus, coxsackieA, echovirus, influenzaA, parainfluenza1,3,
Not to be confused with neck lymph node swelling

NOTIFY ARPHS
FAX to 6307431
TAKE buccal swab for Mumps PCR
EXCLUDE case until result

Preferred test is viral PCR
- Buccal swab -flocked (red top) prior to and up to day 5 of parotitis
- Buccal swab PLUS mumps serology from day 6 to 10

NOTIFY (if not done previously).
EXCLUDE case for 5 days
Infectious period is from 2 days before to 5 days after parotitis

REFER to arphs.co.nz for the [Mumps Whānau Pack](#)

If issues call Auckland Regional Public Health Service on 623 4600

Laboratory Confirmation

NOT A CASE

Vaccinate if appropriate

ACTIONS for GP

All Cases and Close Contacts
All cases should inform their close contacts
(Close contact is face to face contact within 1 metre)

ADVISE → Supply copies of *Fact Sheet for Close Contacts Exposed to Mumps (Mumps Whānau Pack)*
- Wash hands, cover coughs, don't share saliva, disinfect surfaces
- Case or parents to inform their household, day-care (ELS), school, tertiary institution or work
- ARPHS will follow up with actions for ELS, schools, high risk settings and clusters

Mumps Whānau Pack Key Points

- If parent/caregiver not intending immunisation **STAY HOME** – from day 12 after first contact, until day 25 after last contact
- Age <6 months **STAY HOME** – from day 12 after first contact, until day 25 after last contact
- Age 6 – 12 months with MMR0 – can attend ELS
- Age 6-12 months without MMR0 – give MMR0 and stay in quarantine from day 12 after first contact, until day 25 after last contact
- Age ≥12 months of age - Give MMR1. Recall for MMR2 at 4 years. Can attend ELS following MMR1
- Age ≥ 4 years - Give MMR1, then MMR2 after 4 weeks. Can attend ELS or school following MMR1
- Age ≥ 4 years with MMR1- Give MMR2 stat (4 weeks after MMR1). Can continue to attend ELS or school prior to MMR2

CHECK IF THERE ARE

Any children who are close contacts and who have not received MMR or are **not** age appropriately immunised? **Yes** →

Any close contacts who are workers in healthcare (HC) **Yes** →

Any close contacts who are workers in ELS/School **Yes** →

Any close contact students and adults in other workplaces? **Yes** →

Any close contacts who cannot receive the MMR vaccine
e.g. aged less than 6 months, immunocompromised, non-immune pregnant women, those allergic to gelatin or neomycin? **Yes** →

HC worker can continue to work if documented MMR2 OR has evidence of immunity
• HC worker with MMR1 should have MMR2 but must **STAY AWAY FROM WORK** for the quarantine period.
• HC worker non immune – Give MMR1, then MMR2 after 4 weeks but **MUST STAY AWAY FROM WORK** for the quarantine period.
• HC workers choosing not to have MMR1 must stay home in quarantine.

• ELS, school or tertiary education worker can continue to work if documented MMR2 or has documented MMR1 and receives MMR2 stat, OR has evidence of immunity.
• **UNIMMUNISED** staff are strongly advised to stay home in quarantine until they have received MMR vaccine then are free to return to work.

• If **IMMUNE** can continue to work
• If **NOT IMMUNE** stay in quarantine from day 12 after first contact, until day 25 after last contact OR MMR vaccination and return to work
• Case to provide *Fact Sheet for Close Contacts Exposed to Mumps (Mumps Whānau Pack)*

MUST discuss with their own GP, specialist or lead maternity carer

You are considered IMMUNE to Mumps if you were born prior to 1982, diagnosed with mumps previously, received two doses of the MMR vaccine, or have serological (IgG) evidence of immunity.

Resources for Mumps <http://www.arphs.health.nz/mumps>

Mumps Whanau pack

Information for people with mumps



Fact sheet 1 –

Information for people with suspected mumps

You may have mumps

Your doctor suspects you, or your child, has mumps.

Please follow your doctor's advice and stay at home in isolation until:

- You/your child are no longer infectious (see below) OR
- Test results show you/your child don't have mumps.

Stay away from others so you don't spread the illness

1. Stay at home until five days after the first day of swelling of the face, cheek or jaw. This means you should stay at home until the end of this day (i.e. for six days in total):

_____ (date)

Doctor to insert the end date of the infectious period

If you need to see a doctor again, phone first so you don't infect waiting rooms.

2. If your doctor confirms you have mumps:

The infectious period is 2 days before the swelling appears, the first day of the swelling and then 5 days after (8 days in total). Your infectious period is:

From _____ to _____

Doctor to complete the whole infectious period

People may have caught mumps from you at any time in this period. Please tell family and visitors (see overleaf for who is at risk).

Why do I have to stay at home in isolation?

If you are developing mumps, staying home in isolation stops it spreading to others and helps you recover.

Fact sheet 1 - Information for people with suspected mumps (cont'd)

What does isolation mean?

It means staying home away from others. Do not go to work, school, preschool, group or social activities, sports, or public places like movie theatres, shopping malls, supermarkets, other food markets and cafes. Do not use public transport or visit friends or family. Avoid being in the same room as people who are not immune to mumps.

What if I feel worse and need to go to a doctor again?

If you need to see a doctor, please phone the medical centre or after-hours clinic before you go and tell them you may have mumps.

What do I do if tests confirm I have mumps?

If you/your child do have mumps, you will have been infectious from two days before the swelling started, the day of the swelling, and until five days after (eight days in total). Here's what you need to do:

1. Make a list of people who might have caught mumps from you

You will need to tell others who may have caught the disease from you or your child.

List the people who you/your child have been near during those eight days:

- Family members at home, any visitors or people visited
- People at your workplace or tertiary institute, or your child's school, early learning service or preschool
- Any groups of people you have seen – at parties or social events, in sports teams or cultural groups.

Only those who have been within a metre of you at any time during these eight days are considered at risk of catching mumps from you. These are your 'close contacts.'

All close contacts should be aware they could develop mumps and watch for symptoms. Some may have to stay away from work, pre-school or school if they are not immune.

2. Please tell these people and provide them the *Fact sheet 2 Information for Close Contacts Exposed to Mumps*

Make sure that your close contacts know you have mumps. You can have someone give them copies of the information on the following pages. Or you can refer them to the 'close contacts' fact sheet on the Auckland Regional Public Health Service website www.arphs.health.nz/mumps

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.

An online quarantine calculator is available at www.arphs.health.nz/mumps-q-calculator.

A quick guide to mumps

- Mumps can be a serious and infectious viral disease. It is prevented by the measles, mumps and rubella (MMR) vaccination.
- Mumps is spread from an infected person through coughing, sneezing, or talking. It can be spread via face to face contact within a metre, or by touching an object contaminated with infected saliva and mucus, such as a used tissue or keyboard.
- Antibiotics will not treat this infection or reduce your risk of catching mumps.
- Early symptoms of mumps include 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.
- Most people recover from mumps however some individuals can develop complications. These include inflammation of the testicles (1 in 4 adolescent and adult males) or inflammation of the lining of the brain (1 in 7 people). There is a small risk of miscarriage during the first three months of pregnancy.

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

What should I do if I think I or my family member has mumps?

- If you think you have mumps, stay at home and call your doctor or Healthline on 0800 611 116. Healthline operates 24 hours a day, seven days a week and has a translator service available.
- If you are going to visit a medical centre or after hours' clinic, please phone before you go and tell them if you think you have mumps.
- Please refer to *Fact Sheet 1 Information for People with Suspected Mumps* in this Whānau Pack or on the Auckland Regional Public Health website-www.arphs.health.nz/mumps under the *Resources* tab. Your doctor will advise your infectious period and then you will need to tell family and friends who may have caught mumps from you during this period.
- Anyone who has been near you and is not vaccinated or immune to mumps may now be developing the disease. Please give them *Fact Sheet 2 Information for Close Contacts Exposed to Mumps* from this Whānau Pack or refer them to www.arphs.health.nz/mumps under the *Resources* tab.

Protecting yourself and others from mumps

- People who have been exposed to mumps should get a measles, mumps and rubella (MMR) vaccination as soon as possible, if they are unsure or cannot find evidence of being vaccinated with a MMR vaccine.
- Those people who have only had one MMR should get a second MMR as soon as possible, provided it is four weeks since the first MMR.
- Babies can be vaccinated with MMR in Auckland at six months of age, and then when they are 12 months and four years, to protect them in the current measles outbreak.
- The best way to protect against mumps is for everyone between the ages of 4 and 38 years to have had two doses of the MMR vaccine. Currently anyone aged under 30 years without one MMR, or those working in health and education are the priority for vaccination in Auckland. Please talk to your doctor.