



Health, Seniors and Active Living

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Attention: Parents and Guardians

RE: Mumps Disease Prevention

As a new school year begins, illnesses, including mumps, can be spread easily between children and their families. Manitoba continues to see mumps disease circulating, with 1057 confirmed cases as of October 6, 2017. Mumps has been seen in all populations, including pre-school and school-aged children.

Manitoba Health, Seniors and Active Living (MHSAL) would like to ensure all parents and guardians are aware that the mumps outbreak continues, how to recognize its symptoms, how to prevent its spread and what to do if they suspect they or their child(ren) may be infected with mumps.

The mumps virus can be spread to others two to three days before the appearance of symptoms until four to five days after symptoms appear. Some people infected with mumps may not have any symptoms at all, but can still spread the virus to other people.

What are the signs and symptoms of mumps?

Mumps often starts with cold-like symptoms, including:

- swollen and tender glands at the jaw line on one or both sides of the face;
- fever; and,
- headache and muscle aches.

Although there can be rare complications from mumps, such as hearing loss and sterility, the vast majority of cases are mild, with full recovery in one to two weeks.

How is mumps spread?

Mumps is spread by direct contact with the saliva of an infected person, such as through coughing, sneezing, sharing drinks (such as water bottles, straws) or kissing.

A person with no symptoms can transmit infection. Individuals with mumps will be asked to restrict their contact with others to reduce the possible spread of mumps.

Mumps prevention

Immunization against mumps is the best way to protect yourself and others from contracting mumps and its potential complications. Mumps-containing vaccine (MMRV or MMR) is available free-of-charge to Manitobans as part of Manitoba's Routine Immunization Schedule with the following eligibility criteria:

- All children 12 months of age or older are eligible to receive two (2) doses of MMRV vaccine. Doses are offered at 12 months and 4 to 6 years of age.
- Those born during or after 1985 are eligible for two (2) doses of MMR vaccine;
- Non-immune Manitobans born between 1970 and 1984 are eligible for one (1) dose of MMR vaccine;
- Non-immune health care workers, regardless of age, are eligible for two (2) doses of MMR vaccine; and,

- Non-immune students born before 1970 are eligible for one (1) dose; students born in 1970 or later are eligible for 2 doses of MMR vaccine.

Contact your health care provider to determine if you need to be immunized against mumps.

To reduce the spread of mumps, people should:

- wash their hands often with soap and water or use hand sanitizer if soap and water are not available;
- avoid sharing drinking glasses or eating utensils;
- cover coughs and sneezes with the forearm or a tissue; and,
- **STAY HOME** when sick.

What to do if you think you or your child(ren) have mumps

People who think they might have mumps, or have been in close contact with someone who has been diagnosed with mumps, should phone their health care provider or Health Links - Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free) for more information.

If visiting a physician or health care provider, it is best to call ahead and make an appointment so health care staff can take steps to reduce the exposure of other people to the virus.

For more information about mumps, visit the MHSAL mumps disease webpage at:
www.gov.mb.ca/health/publichealth/diseases/mumps.html.

Sincerely,

“Original Signed By”

Richard Baydack, PhD
Director, Communicable Disease Control

“Original Signed By”

Richard Rusk, DVM, MD, CCFP, MPH
Medical Officer of Health, CDC

Mumps

Public Health - Factsheet

This document is to be used in conjunction with the mumps-containing vaccine factsheets (MMR or MMRV Vaccine Factsheets).

What is mumps?

Mumps is a contagious viral infection that occurs mostly in children but can happen in adults. The common symptoms are fever, headache, feeling tired, swollen and painful salivary glands, swollen cheeks, difficulty chewing, swallowing, or talking, and loss of appetite. The swelling can occur on one or both sides of the face and neck. Some individuals may have respiratory symptoms (i.e. runny nose, sneezing, coughing) or no symptoms at all.

Symptoms appear 12 to 25 days after exposure to the virus, and usually last for 7-10 days. The infection can be spread to others 7 days before the symptoms start and up to 5 days after the symptoms begin. Infection can lead to rare but serious illness and complications including swelling of the testicles and ovaries that could result in sterility (inability to have children), hearing loss, increased risk of miscarriage if contracted in the early stages of pregnancy, swelling of the brain, infection of the lining of the brain, and death.

There is no treatment for a mumps infection. Prevention is the most important form of protection and management. Any treatment focuses on relieving the symptoms such as pain relief and reducing fever.

What do I do if I or a family member develops these symptoms?

Someone who develops these symptoms or has been in contact with someone who was diagnosed with mumps should phone their health care provider or phone Health Links – Info Santé. Before visiting a healthcare provider, it is best to call ahead and make an appointment so health care staff can take precautions to reduce exposure to other people.

It is important to stay home from school or work to prevent spreading the infection to others for at least 5 days after the symptoms started.

People who think they might have mumps or have been in close contact with someone who has been diagnosed with mumps should phone their health care provider or phone Health Links – Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free) for more information.

How is mumps spread?

Mumps can be spread through respiratory droplets in the air formed when coughing or sneezing and through the sharing of food or drinks. You can also catch it by touching an item that was previously touched by an infected person and then touching your eyes or mouth.

A person with no symptoms can still spread the infection.

How can I prevent mumps?

Immunization is an effective way to decrease the risk of getting mumps. Ensure that you and your family members have all the required vaccines to protect against mumps. There are two mumps-containing vaccines: MMR, which also provides protection against measles and rubella; and MMRV, which provides protection against varicella (chicken pox) in addition to the coverage of mumps, measles and rubella. The vaccines contain live but weakened forms of the viruses that do not cause disease (see below for link to Factsheets). They are approved by Health Canada.

Precautions should be taken to avoid sharing food, drinks or any personal items such as water bottles, lip gloss and cigarettes. It is also important to cover your nose and mouth with your forearm or a tissue when you cough or sneeze, wash your hands often with soap and water or clean them with hand sanitizer if soap and water are not available, especially after coughing and sneezing.

Who should get the mumps vaccine?

The mumps-containing vaccines are provided free-of-charge as part of Manitoba's Immunization Program when [Manitoba's eligibility criteria](#) for publicly-funded vaccines are met (link below).

Children in Manitoba get immunized against mumps as part of Manitoba's routine infant immunization schedule at 12 months of age with a booster at 4-6 years of age using the MMRV vaccine. MMRV can be used in children 12 months to less than 13 years of age.

The following groups of people should talk to their health care provider about obtaining a mumps-containing vaccine (MMR or MMRV) as part of Manitoba's Immunization Program:

- Those born in 1970-1984 who have not received a vaccine containing measles or mumps and have not had natural measles or mumps infection are eligible for one dose.
- Those born during or after 1985 are eligible to receive 2 doses
- Non-immune health care workers, regardless of age should receive 2 doses
- Non-immune students born before 1970 should receive 1 dose; and those born in 1970 or later should receive 2 doses.

If you were born before 1970, it is thought that you would have been exposed to the virus and developed natural immunity; however you may still be at risk of getting mumps and therefore should consider having a discussion with your health care provider.

The immune response may be affected if a live vaccine is given at the same time or shortly before or after receiving blood products or immunoglobulins. Let your health care provider know if you have received blood products or immunoglobulin therapy in the last 12 months.

Please review the appropriate mumps-containing vaccine factsheets for more vaccine specific information on who should and shouldn't get the vaccine.

Are the mumps-containing vaccines safe?

Vaccines in general are considered to be very safe. It is much safer to get the vaccine than to get infected with mumps. Health Canada approves vaccines based on a review of quality and safety.

Some individuals may experience soreness, redness and swelling at the site of injection. A red rash may present within 5-12 days after receiving the vaccination. This will go away on its own and will not spread and make others sick. Other side effects are fever, headache, and tiredness.

Report any serious or unexpected side-effects to a health care provider.

To help manage any side effects of the vaccine, Acetaminophen (e.g. Tylenol®) or Ibuprofen (e.g. Advil®) may be taken.

Acetylsalicylic acid (ASA- e.g. Aspirin®) should NEVER be given to children because it can cause a severe liver and brain disease called Reye's Syndrome.

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is a rare possibility of a severe allergic reaction. This can include hives, difficulty breathing or swelling of the throat, tongue or lips. Call 911 or go to the nearest emergency department/health centre for immediate attention if any reaction occurs after leaving the clinic.

For more information on mumps or mumps-containing vaccines:

- Talk to your health care provider;
- Call Health Links - Info Santé in Winnipeg at 204-788-8200; toll-free elsewhere in Manitoba 1-888-315-9257; or
- Visit:

Manitoba Public Health website

www.gov.mb.ca/health/publichealth/index.html

MHSAL Mumps disease website

<https://www.gov.mb.ca/health/publichealth/diseases/mumps.html>

MHSAL Eligibility Criteria for Publicly-Funded Vaccines website

<https://www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html>

Vaccine Factsheets and Resources website

<https://www.gov.mb.ca/health/publichealth/cdc/div/vaccines.html>

Public Health Agency of Canada website

<http://www.phac-aspc.gc.ca/im/vpd-mev/mumps-oreillons/index-eng.php>