

14/08/17

To the members of the Sacred Heart Cathedral, Thorndon,

Re: Mumps

An individual who attended the 10:30am service at Sacred Heart Cathedral on Sunday 6th August has since been diagnosed with mumps.

Mumps can cause a painful swelling of the face; fever and headache may also occur. The swelling usually lasts about one week. The virus can spread between people in close contact with each other, and can cause mumps about two weeks after contact with an ill person. Sometimes it can take up to three and a half weeks before illness starts.

If you become unwell with mumps you will need to stay away from work for 5 days after the start of the facial swelling. This is because mumps is infectious and you may pass the illness to other unprotected people.

Mumps can be prevented by MMR (mumps, measles, rubella) vaccine. If you have previously had mumps disease, or been vaccinated with 2 doses of MMR vaccine, you are unlikely to catch mumps. Occasionally fully vaccinated people can develop mumps.

If you have not had 2 doses of MMR (usually given in NZ at age 15 months and 4 years of age) getting an MMR vaccine now may protect you from developing mumps in the future. If you have already caught the virus MMR will not stop you from getting mumps.

MMR vaccine is available and free through your family doctor. The vaccine is given in two doses at least one month apart.

If you have any queries please contact the Communicable Disease Team Public Health Nurse on (04) 570 9002.

Yours sincerely

Janine Dugdale
Public Health Nurse
Regional Public Health