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## **Mumps Outbreak**

Dear Student,

### **Mumps**

We have seen a small number of possible cases of mumps in the Imperial Student Community. Mumps is a highly infectious illness, which is characterised by painful swellings of the sides of the face under the ears (the parotid glands). Other symptoms of mumps include headaches, joint pain and a high temperature, which may develop a few days before the swelling of the parotid glands. In general mumps is a self-limiting illness. However some cases are associated with complications, which may require medical treatment.

### **MMR vaccination**

You can protect yourself against infection with the MMR (Measles, Mumps and Rubella) vaccine. You need two vaccinations, spaced at least 3 months apart, to give lifetime protection. If you have not had these, it is very important that you attend your GP Practice to do so, as soon as possible, in order to ensure you are protected. If you are uncertain about your vaccination status, it is safer to give the vaccines again, than potentially be unprotected. These vaccines are available free of charge. If you are registered at the Health Centre, please attend one of the vaccination clinics. Please see the Health Centre website for details:

[www.imperialcollegehealthcentre.co.uk](http://www.imperialcollegehealthcentre.co.uk)

### **Preventing spread of infection**

If you have symptoms of mumps you need to stay away from work or school for 5 days after they appear. If you need to see a GP, please let the GP know in advance, that you are coming to the surgery, so that they can take any necessary precautions to stop the spread of infection. You can also help reduce spread of mumps by washing hands with soap and water, and using tissues when you sneeze.

### **Further information**

For further information please try the NHS website:

<http://www.nhs.uk/conditions/mumps/Pages/Introduction.aspx>

Best wishes,

Dr Sarah Freedman

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