



OFFICE OF THE CHIEF PUBLIC HEALTH OFFICER

TRAVEL HEALTH NOTICE

Mumps Information for Coaches, Recreation Coordinators, School Principals and Parents

Several Canadian provinces are experiencing a mumps outbreak. While members of professional sport teams have been the most affected by these outbreaks, it has also impacted individuals in other settings. If you are travelling outside of the NWT, please ensure that your vaccines are up to date and you take precautions to avoid being exposed to this disease.

Mumps is a contagious virus that causes painful swelling of the cheeks and neck, fever, dry mouth, headache, earache, fatigue, sore muscles, loss of appetite, and trouble talking, chewing, or swallowing. Most healthy people usually recover from mumps within 10 days. In rare cases it can cause serious complications such as deafness, meningitis, and infections of the testicles or ovaries. .

Mumps is spread easily through the air when an infected person coughs or sneezes. You become infected when you breathe in air or touch a surface contaminated with the virus. Mumps can also be spread through contact with an infected person's saliva, such as kissing; sharing food and drinks; or sharing cigarettes. A person with mumps can spread the virus for about seven days before symptoms start showing.

To avoid getting mumps make sure immunizations are up to date. To avoid spreading or being exposed to mumps, wash hands thoroughly and often, avoid sharing water bottles and other items contaminated with saliva, and cover coughs or sneezes with a tissue or forearm.

In the NWT, mumps vaccination is offered to residents at no charge. If students and athletes have not received a total of two doses of mumps-containing vaccine, they should contact their local health centre or public health unit to get the vaccination. Please note that pregnant women should **not** receive the mumps vaccine.

Individuals who think they might have mumps should contact their local health centre or family doctor. For the safety of others, it's important for people to call ahead and describe their symptoms before going to a health centre or doctor's office. People with mumps should stay home from school/work/sports for at least five days after symptoms appear.

Contact your local public health unit or health centre if you have questions about the mumps or the vaccine. More information can be found here:

<http://www.hss.gov.nt.ca/sites/www.hss.gov.nt.ca/files/mmr.pdf>

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If you would like this information in another official language, contact us at 1-855-846-9601.
Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 1-855-846-9601.



Mumps: Questions and Answers

Are there currently any cases of mumps in the NWT?

There have been no cases of mumps reported in the NWT in 2017.

What are the symptoms of mumps?

The main symptom of mumps is painful swelling in the cheeks and neck. Symptoms can also include:

- fever;
- headache or earache;
- tiredness;
- sore muscles;
- trouble talking, chewing or swallowing; and
- loss of appetite.

Are there any complications to mumps disease?

Most people fully recover from mumps within 7-10 days. In rare cases the virus may cause complications such as deafness, meningitis (infection of the covering of the brain and spinal cord) or infections of the testes or ovaries.

How is mumps spread?

Mumps is highly infectious and is spread from person to person through the airborne route or by direct contact with saliva or respiratory droplets from the nose or throat. It is easily spread by coughing, sneezing, sharing drinks, or kissing.

How do you prevent mumps infection?

Mumps is a vaccine preventable disease. Ensuring your vaccines are up to date according to the most current NWT Immunization Schedule is the best way to prevent mumps disease. Additionally, transmission of the disease can be reduced if you stay home if you are sick with the

symptoms, use cough etiquette and frequently wash your hands.

What should I do if I think I have symptoms of mumps disease?

If you or a family member thinks you might have mumps disease stay at home and call your health care provider and let them know you have mumps symptoms. Unless it is an emergency it is best not to present to emergency or clinic waiting rooms where you may infect others if you do have mumps. Your health care provider can discuss options for assessing and testing you.

How do you test for mumps disease?

Mumps is diagnosed both on identification of your signs and symptoms and laboratory testing. The health care practitioner will assess you or ask you about your symptoms and may also do a blood test, take a swab or sample of your saliva and in some cases may ask for a urine sample.

How long do I have to stay home if I have the mumps?

You will need to remain home so you do not spread the disease to others. You are infectious and will need to stay home from 2 days before the swelling in your neck and cheeks started until 5-10 days after.

How is the spread of mumps in a community stopped?

The disease needs susceptible people (people who have never been vaccinated against mumps or have never had the disease before) to continue to spread. Once enough people in the community have either been infected with the disease or are protected through vaccination, the disease can no longer spread from person to person so it stops. This is also called "herd immunity".

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