



### Sláinte Poiblí, Ceantar B

Baile Átha Cliath Theas, Cill Dara, Cill Mhantáin Thiar

Ospidéal an Dr Steeven, Baile Átha Cliath 8, D08 W2A8.

Laois, Uíbh Fhailí, An Iarmhí, An Longfort  
Oifig Ceantar FSS, Bóthar Ardáin, Tulach Mhór,  
Co. Uíbh Fhailí, R35 TY28.

### Public Health, Area B

Dublin South, Kildare, West Wicklow  
Dr Steevens' Hospital, Dublin 8, D08 W2A8

Laois, Offaly, Westmeath, Longford  
HSE Area Office, Arden Road,  
Tullamore,  
Co. Offaly, R35 TY28.

Date 16<sup>th</sup> January 2023

Dear Parent/ Guardian

The Department of Public Health has been notified of a case of mumps at your child's (school/childcare facility). If your child has had mumps previously or has received two doses of the MMR (Measles, Mumps, Rubella) vaccine, the chance of them developing mumps is low. If, however, your son or daughter has not had mumps and has not received an age-appropriate MMR vaccine course, then the chance of contracting the disease is significantly increased. If your son or daughter is not up to date with their MMR vaccine schedule, please discuss catch-up vaccination with your GP.

#### ***What is Mumps?***

Mumps is a viral infection. Symptoms include fever, headache, and swelling of cheek and jaw. Meningitis (inflammation of the covering of the brain) can occur but usually resolves without problems. More rarely encephalitis (inflammation of the brain itself) and deafness can occur. In adolescent and adult males mumps can cause inflammation of the testicles (orchitis), but, contrary to popular belief it is not a frequent cause of infertility, though this is a risk of infection. Cases are infectious for up to 7 days before the cheek swelling appears and remain infectious for **5 days** after symptoms develop.

#### ***What should I do now?***

If your son/daughter is up to date with their MMR vaccine or has had mumps they are very likely to be protected. If your child has not received an age-appropriate MMR vaccine course and has not had mumps, then you should contact your GP for advice on vaccination. The vaccine is unlikely to protect them if they have been exposed this time, but it will protect them from future exposures.

#### ***What should I do if I think my child has mumps?***

If you require medical advice let your GP know in advance if you're coming to the surgery, so they can take any necessary precautions to prevent the spread of infection

There is no specific treatment for mumps. Treatment that can be used to relieve symptoms includes:

- getting plenty of bed rest and fluids
- using painkillers, such as paracetamol –
- applying a warm or cool compress to the swollen glands to help relieve pain

#### ***Can my son/ daughter stay in crèche / school?***

To prevent spread of mumps to others, **your child must stay at home for 5 days** after the swelling develops.

#### ***How can I stop mumps spreading in the family?***

If your other children have not received two doses of MMR vaccine please go to your family doctor for a complete course of vaccinations, which is a total of two doses.

Sincerely,

**Public Health Area B Team**

For further information see : <https://www.hpsc.ie/a-z/vaccinepreventable/mumps/factsheets/mumpsfaqsforthegeneralpublic>

