



Ref: 213783

To: All students and staff

4 November 2019

Dear Student or Staff Member,

**Re: Cases of suspected mumps-University of Kent at Canterbury, CT2 7NZ.**

Public Health England South East has been informed of an increase in cases of suspected mumps associated with the University of Kent at Canterbury.

**What is mumps?**

Mumps is a contagious viral infection. Swelling of the parotid glands is the most common symptom of mumps. The parotid glands are a pair of glands responsible for producing saliva. They're located in the side of the face, just below the ears.

Other symptoms of mumps include headaches, joint pains and a high temperature, which may develop a few days before the swelling of the parotid glands.

The symptoms of mumps usually resolve within one or two weeks.

Complications of mumps include swelling of the ovaries (oophoritis), swelling of the testes (orchitis), viral meningitis and deafness.

**How the disease spreads**

Mumps is spread in the same way as colds and flu – through infected droplets of saliva that can be inhaled or picked up from surfaces and transferred into the mouth or nose.

A person is most contagious a few days before the symptoms develop and for a few days afterwards.

If you have mumps, you can help prevent it spreading by:

- regularly washing your hands with soap and water
- using and disposing of tissues when you sneeze
- avoiding school or work for at least 5 days after the onset of swelling

**When to see your GP**

It's important to contact your GP if you suspect mumps so a diagnosis can be made. 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.

**Protecting against mumps**

MMR vaccine protects against measles, mumps and rubella. Two doses of the MMR vaccine are needed. If you are not sure whether you have had two doses of the MMR vaccine, please check with your GP. If you have not had two doses of MMR vaccine, please make an appointment with your GP to get vaccinated.

**Staff can also receive MMR if not previously vaccinated. There is no upper age limit for receiving MMR vaccine.**

**Further information on mumps is available from:**

<https://www.nhs.uk/conditions/mumps/>

Yours faithfully,



**Dr Claire Winslade**  
**Consultant in Communicable Disease Control**

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