

Safety Alert

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MUMPS

TO UNIVERSITY STUDENTS HERIOT WATT

Dear Student,

It has come to our attention that there has been an increase in recent weeks in the number of students attending Heriot Watt University who have been diagnosed with mumps.

Mumps is an acute viral illness. The infection can be easily spread from person to person by direct contact with saliva or droplets of saliva (e.g. via coughs and sneezes) from an infected individual. The signs, symptoms and complications of mumps include:

Signs and Symptoms:	Complications (infrequent):
<ul style="list-style-type: none">▪ Fever▪ Headache▪ Swelling of salivary glands on one or both sides of the face	<ul style="list-style-type: none">▪ Meningitis▪ Deafness▪ Swelling of testes or ovaries▪ Inflammation of the pancreas

If you are concerned that you may have contracted mumps then you should not attend university or work and advice should be sought from your GP by telephone.

Mumps can be prevented by immunisation with the MMR vaccine; 2 doses of the vaccine are required for protection against measles, mumps and rubella. If you have not received two doses of MMR then the course can be finished at any time.

Further general information about mumps and the MMR vaccine is available online at www.nhsinform.co.uk.

Yours faithfully,

Lindsey Davis
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