

Safety Alert

Issued By: Health & Safety & University Health Service

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MUMPS

Dear Patient,

We have seen an increase in mumps cases since the beginning of February, affecting young adults, particularly students, in our Edinburgh and Borders Campuses.

Mumps is an acute viral illness that causes fever, headache and painful swollen glands. It is spread from person to person by coughs and sneezes or direct contact with respiratory droplets (e.g. kissing or contact with tissues or hands with saliva on them). Mumps is infectious from several days before the start of swelling in their glands to five days after swelling starts.

Mumps symptoms can be unpleasant and very occasionally can lead to more serious complications. The signs, symptoms and complications of mumps include:

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

A person with mumps symptoms should stay away from work or university for five days after the swelling first starts to reduce the risk of spreading the infection. They should also limit their contact with other people during this time.

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.

If you or someone close to you has mumps you should be careful with hand hygiene, thoroughly washing hands using a liquid soap. Each member of the family should have their own towel. Pay particular attention to hand washing after coughing and handling objects.

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 is available online at www.nhsinform.scot/mumps .

Yours faithfully,
Paul Cyphus
Biological Safety Officer
Health & Safety