



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Date 14/02/2020

**HSE - Eastern Region  
Department of Public Health  
Room G29  
Dr. Steevens' Hospital  
Dublin 8  
Tel: +353 1 635 2145  
Fax: +353 1 635 2103**

Dear Parent/ Guardian of student in CBS Naas

There have been further cases of mumps at your son's school and cases in the wider community and your son may have been exposed. If your son has either had mumps or has received two doses of the MMR vaccine, the chance of him developing mumps is lower. If, however, your son has not had mumps and has not received two doses of the MMR vaccine, then it is quite possible that he might get mumps. If you cannot confirm that your son had 2 doses of MMR (measles, mumps, rubella, vaccine), he needs to complete the course 2 doses in total. MMR is one of the safest vaccines.

**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. 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 has received two doses of the MMR vaccine or has had mumps there is no need for concern. If your son has not received two doses of the MMR vaccine and has not had mumps, then you should contact your GP for advice on vaccination. The vaccine will not 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 son 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 stay in school?**

To prevent spread of mumps to others, **your son must stay at home for 5 days** after the symptoms develop.

**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.

If you have any queries, please do not hesitate to contact me at 045 920436 or phone the above number

Sincerely,

Dr Mary Conlon MCRN 001599  
Senior Medical Officer