

Safety Advisory – Mumps

Saskatchewan has confirmed its first case of mumps, with several more under investigation.



Mumps is a viral infection and was a common childhood disease before a vaccine became available in 1970.

Mumps is spread through saliva. Ways you come in contact with mumps include: coughing, sneezing, sharing utensils, kissing, and touching an item previously touched by an infected person then touching your mouth or eyes. Mumps spreads easily in crowded environments such as classrooms, sporting events, bars, and high density housing.

Symptoms occur 14-25 days after exposure and may be mild and include a fever, headache, tiredness, or muscle soreness. Other common symptoms include swelling of the jawline and neck due to swollen salivary glands. Serious complications of mumps infection include: meningitis or encephalitis, permanent deafness, and infertility.

If you think you have been exposed to mumps and have any symptoms, contact your health care provider. Let them know you may have mumps, prior to attending your appointment. **If you have mumps, do not attend school, daycare, or work and stay home for at least 5 days after your salivary glands have become swollen.**



The most effective way to prevent getting mumps is to ensure your vaccinations are up-to date. Two doses of the measles-mumps-rubella (MMR) vaccine are required to confer immunity. However, depending on where you grew up and when you were born, you may not have received both doses. Individuals born in Canada between 1979 and 1990 may have only received one dose. Persons not born in Canada may not have received any MMR vaccinations. Many of the individuals recently infected with mumps had been vaccinated but were confirmed to be under-vaccinated. **To determine how many doses of MMR you received or to get vaccinated please contact your local [Public Health Office](#).**

Other preventative strategies include:

- Covering your mouth and nose with the inside of your elbow when coughing (do not cough in your hands)
- Wash your hands frequently with [soap and water](#), or use [hand sanitizer](#)
- Clean frequently shared high touch surfaces (e.g., keyboards, writing utensils)

For more detailed information on mumps, please read the following fact sheets from Public Health:
<https://www.ehealthsask.ca/services/resources/Resources/Mumps-Fact-Sheet.pdf>
<http://www.saskatchewan.ca/residents/health/diseases-and-conditions/mumps>

E-mail: health.safety@uregina.ca
 Web: <http://www.uregina.ca/hr/hsw>



Questions or for more information

Contact UofR Health, Safety & Wellness at;
 306-585-5198 or (health.safety@uregina.ca)