



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

*HSE - Eastern Region  
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**Don't let mumps interrupt your studies or ruin your exams!**

Dear Student: Trinity

There have been cases of mumps in your college and you may have been exposed. If you have either had mumps or received two doses of the MMR (measles-mumps-rubella) vaccine, the chance of developing mumps is very low. If, however, you have not had mumps and have not received two doses of the MMR vaccine, then it is quite likely that you will get mumps.

**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. People are infectious for up to 7 days before the cheek swelling appears and remain highly infectious for 5 days after symptoms develop.

**What should I do now?**

If you have either received two doses of the MMR vaccine or have had mumps, there is no need for concern. If you have not received two doses of the MMR vaccine and have not had mumps, then you should attend the Student Health Service or your family doctor for vaccination. The vaccine will not protect you if you have been exposed this time, but it will protect you from future exposures.

**What should I do if I think I have mumps?**

If you develop swelling of the cheeks and jaw line, go to your doctor for examination. He/she will be able to tell you if it looks like mumps and will advise you what to do. There is no specific treatment for mumps. Please ask your doctor to mention your college on the notification to the Department of Public Health.

**Can I attend college?**

To prevent spread of mumps, you must stay at home for five (5) days after the swelling develops.

If you have any further queries, please do not hesitate to contact us at the above number,

Yours faithfully,

A handwritten signature in black ink that reads "Mary Conlon".

**Dr Mary Conlon MCRN 001599  
Senior Medical Officer, Public Health**