Public Health

April 4, 2018

RE: Exposure to Mumps Infection

Dear ARHS Student,

Public Health investigates many communicable diseases to prevent spread and protect the health of the public. We have determined that you may have been exposed to **mumps** in the classroom setting.

Mumps is a disease caused by a virus. Mumps is spread when an infected person coughs or sneezes near you, or by sharing their food or drinks.

Symptoms may include: Swelling and pain in the jaw (one or both cheeks may look swollen), fever, headache, earache, tiredness, aching muscles and joints, sore throat, and pain when swallowing or opening your mouth, poor appetite and vomiting. It usually takes two to three weeks for symptoms to appear after you have been exposed to the virus. **For more serious symptoms, such as a stiff neck or a severe headache, painful testicles, or severe belly pain, a doctor must be consulted right away.**

If you experience any of the symptoms mentioned above, even if you have been vaccinated, **please contact Public Health and your family doctor.** Mumps can be diagnosed by a doctor's exam and through lab testing.

According to our records the last possible day anyone was exposed to mumps would have been on **March 29, 2018.** This means anyone exposed could develop the illness **between April 5 and April 23.**

The best protection against mumps is vaccination. In Canada, every person should have received two shots of the measles–mumps–rubella vaccine after their first birthday. If you have not received two shots, or if you are unsure of your immunization history, **I recommend following up with your family doctor to ensure you are up-to-date.** The measles–mumps–rubella vaccine is available at no cost to you from your family doctor.

Please find enclosed a fact sheet about mumps for your information. If you have questions, please call 902–667– 3319 and ask to speak with a Public Health Nurse in the Communicable Disease Program.

Sincerely,

Dr. Ryan Sommers
Medical Officer of Heath
Nova Scotia Health Authority