

## MEDIA RELEASE

To be attributed to: Dr Stephen Bridgman

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### Mumps in the region: Buller festival-goers asked to check immunisation status

A case of mumps has been notified to the Nelson Marlborough Health Public Health Service.

**People who attended the Buller Festival in Murchison on 3-4 March may have been exposed to the disease and are advised to check their vaccination status, get immunised and to be alert to symptoms.**

Dr Stephen Bridgman, Clinical Director, Nelson Marlborough Health Public Health Service (PHS) said that an unimmunised person who attended the festival developed mumps, and could have exposed other festival-goers to the disease over that weekend.

Early symptoms of mumps include low-grade fever, headache, muscle aches, tiredness and loss of appetite. Later, the salivary glands on one or both sides of the face, cheeks or jaw may become swollen and sore.

“If you develop any of these symptoms in the next two to four weeks please isolate yourself, and contact a doctor, who will probably call you in to have a swab taken, and give you further advice. It’s really important to stay away from the workplace, early childhood centres, schools and other busy public places if you think you have the mumps,” Dr Bridgman says.

“Immunisation is the best way to protect yourself from mumps. If you were born after 1969, or are unsure if you are fully immunised, then check with your GP or medical centre and get immunised if you are not already.

“Parents are advised to check their children’s Well Child health book or contact their family doctor to make sure their children have received two doses of the MMR vaccine, and are therefore fully immunised.”

#### Information about mumps

More information about mumps, how the disease spreads, and mumps vaccination is available online at:

<https://www.nmdhb.govt.nz/mumps/>

#### Contacts:

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