

MEDIA RELEASE

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Public health alert: Mumps cases on the rise in Marlborough

Three cases of mumps teenagers and young adults in Marlborough have been notified recently to the Nelson Marlborough Public Health Service.

Dr Andrew Lindsay, Medical Officer of Health, has issued the following health advice that he says is especially important for people under the age of 35, and for parents.

Know the symptoms

“Mumps causes fever, headaches and pain in the jaw. Swelling may then develop in the glands in front of the ear and some males may experience swelling of their testes. Very young children infected with mumps may have no symptoms but they will still spread the disease if they have it.”

If you suspect you have mumps, talk to your doctor or practice nurse

“Mumps is very contagious. If you have any symptoms, contact your doctor or practice nurse for advice and limit your contact with other people. This means staying away from the workplace, early childhood centres, schools and other places where you may expose others to the virus.”

Check your family’s vaccination status

“Vaccination is the best protection against mumps. If you or your children have not had their recommended number of MMR (Measles Mumps and Rubella) vaccinations, it is strongly recommended that you get these up to date.

Contact your doctor or practice nurse if you are unsure whether you or your family has been vaccinated, and book in vaccination if they haven’t.”

Information about mumps for reporters to use

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

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

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