

# Health Unit Media Release

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## Ensuring Your Protection Against Mumps

Ontario has recently seen an increase of mumps cases in the province. This increase has been directly linked to the ongoing outbreak that is being experienced in the east coast provinces of Nova Scotia and New Brunswick.

Mumps is an infectious disease that is caused by the mumps virus. It can cause general malaise along with fever, headache and loss of appetite. Individuals may also experience notable swelling of the glands around the jaw. In rare cases, serious problems are attributed to the virus such as deafness; swelling of the brain, spinal cord, testicles, breasts or ovaries; and pregnancy loss.

**Two doses of MMR vaccine, which will reduce the chance of developing mumps, is currently given to all children in the province. Prior to the late 1980's only one dose of the MMR vaccine was given.**

The Ministry of Health and Long-Term Care is currently recommending that the following people ensure that they have received the 2 doses of MMR vaccine:

1. Parents of school aged children and young adults should ensure that their children's mumps immunization is up to date
2. Students returning to or starting university/college in **Nova Scotia or New Brunswick** who have not received two documented doses of MMR, and who have not had laboratory confirmed mumps infection or laboratory documented immunity against mumps, should be offered a second dose of the publicly funded vaccine.
3. Health care workers are required to have one of the following: a) documentation of two doses of measles-containing vaccine, b) birth before 1970 or c) laboratory evidence of immunity.

**Currently there have been no cases of mumps reported in the Leeds, Grenville & Lanark area.**

For more information about mumps check out the Ministry of Health and Long-Term Care website ([www.health.gov.on.ca](http://www.health.gov.on.ca)) or call the Health Unit at 613-345-5685 or 1-800-660-5853.

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