

# Mumps ‘Catch-Up’ Vaccination for Young Adults in Ontario

## Why should young adults be vaccinated again?

- (1) There have been outbreaks of mumps primarily among young adults in Ontario.
- (2) Four out of five persons born in Ontario between 1970 and 1991 did not receive the two vaccine shots required and so are not fully protected against mumps.
- (3) Young adults, particularly those in the high school, college and university age groups, are also most at risk as they live and socialize in close proximity.
- (4) Young adults are encouraged to get a “catch-up” shot – Measles, Mumps and Rubella (MMR) vaccine.

## What to do first

If you are a young adult, check your immunization record. If you have not received two doses of mumps vaccine or are unsure, get vaccinated. Visit [Ontario.ca/mumps](http://Ontario.ca/mumps) or call your local public health unit for more information.

## Where to get a mumps vaccination

MMR vaccine will be available at your health care provider’s office, walk-in clinics and most local public health units. If you are a post-secondary student, visit your campus health care service clinic.

**What is mumps?** Mumps is a contagious viral illness that can have serious complications, but it may be prevented by vaccination.

**What are the symptoms?** Fever, headache, muscle aches and pains, tiredness, loss of appetite; followed by parotitis - painful swelling of one or both salivary glands (located within your cheek, near your jaw line, below your ears). Parotitis may be noticed on one side or both sides of the jaw and usually occurs within the first two days. It may appear as an earache or tenderness when touching along the angle of the jaw. Symptoms usually last ten days.

Other salivary gland swelling may occur in 10 per cent of persons with mumps. Up to 20 per cent of people infected with the mumps virus do not develop symptoms.

**What are the possible complications?** Mumps can cause meningitis (inflammation of the brain and spinal cord), orchitis (swelling of one or both testicles), oophoritis (swelling of the ovaries), mastitis (swelling of the breasts), pancreatitis, and deafness (may be permanent). Spontaneous abortion can occur if infection happens in the first trimester of pregnancy.

**How is mumps spread?** Mumps is highly contagious. After diagnosis, the patient should be isolated from others for nine days. Mumps spreads through direct contact with saliva from an infected person. Droplets from coughs or sneezes can enter the nose or mouth. Infection can also result from kissing, or by sharing food or beverages.

The virus can also survive on surfaces. Touching a surface contaminated by the mumps virus and then touching your nose or mouth can cause infection.

### **Effectiveness of the MMR vaccine**

Two doses of MMR vaccine provides almost 100 per cent immunity to mumps.

### **Side effects**

The most common side effect you may notice is mild redness, swelling and pain at the injection site. The MMR vaccine can also cause a rash and/or fever beginning five to 12 days after vaccination, and lasting for a few days after that. Allergic reactions to the MMR vaccine and other serious reactions are rare.

### **Who should be vaccinated?**

Young adults need to be vaccinated if:

- they have never been vaccinated against mumps
- they have received only one dose of MMR vaccine
- they are unsure whether they have received one or two doses of MMR vaccine

### **Who should not be vaccinated?**

Young adults do not need to be vaccinated if:

- they are sure that they have received two doses of MMR vaccine
- they have already been affected by the mumps virus

### **What to do if you don't know how many times you've been vaccinated for mumps.**

Check your vaccination record to determine your eligibility. Ask your parents or guardian — they may still have your yellow immunization card — or you can contact the public health unit closest to where you last attended secondary school. They will likely have a copy of your immunization records. You can also contact your health care provider who provided your childhood immunizations. If you still cannot locate your immunization records, you can receive one dose of MMR vaccine.

### **What to do if you think you have mumps**

If you suspect you have mumps, immediately contact your local public health unit, health care provider or campus health services.

For more information, visit [Ontario.ca/mumps](http://Ontario.ca/mumps).