



## Health, Seniors and Active Living

Public Health and Primary Health Care

Communicable Disease Control

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Attention: Sport Organizations in Manitoba

### **RE: Mumps in Manitoba**

Since September 2016 Manitoba has experienced an outbreak of Mumps. The majority of the cases are in individuals between the ages of 17 and 29. Since many of the individuals who contracted the virus have been involved in sporting events as players, coaches or referees, Manitoba Health, Seniors and Active Living (MHSAL) would like to ensure that all sporting organizations are aware of the current outbreak.

The mumps virus can be spread to others from two to three days before and four to five days after symptoms appear. Some people infected with mumps may not have any symptoms at all, but can still spread the virus to other people.

MHSAL therefore asks all organizations to please inform their members about this situation. It is important to recognize the symptoms of mumps, know how to prevent the spread of this disease and be aware of what people should do if they suspect they may be infected with the mumps virus.

#### **What are the signs and symptoms of mumps?**

Mumps often starts with cold-like symptoms, including:

- Swollen and tender glands at the jaw line on one or both sides of the face;
- Fever; and,
- Headache and muscle aches.

Although there can be rare complications from mumps, the vast majority of cases are mild, with full recovery in one to two weeks

#### **How is mumps spread?**

Mumps is spread by direct contact with the saliva of an infected person, such as coughing, sneezing, sharing drinks (e.g., water bottles) or kissing.

A person with no symptoms can transmit infection. Individuals with mumps will be asked to restrict their contact with others to reduce the possible spread of mumps.

#### **Mumps prevention**

To reduce the spread of mumps, people should:

- wash their hands often with soap and water or use hand sanitizer if soap and water are not available;
- avoid sharing drinking glasses or eating utensils;
- cover coughs and sneezes with the forearm or a tissue; and,
- stay home when sick.

Immunization against mumps using the combined Measles, Mumps and Rubella (MMR) vaccine is available free-of-charge to Manitobans based on Manitoba's Vaccine Eligibility Criteria:

- Those born between 1970 and 1984 who have not received a vaccine containing measles or mumps or have not had natural measles or mumps infection are eligible for one dose of MMR vaccine;
- Those born during or after 1985 are eligible for 2 doses of MMR vaccine;
- All children 12 months of age or older are eligible to receive 2 doses of MMR vaccine;
- Non-immune health care workers, regardless of age, are eligible for 2 doses of MMR vaccine; and,
- Non-immune students born before 1970 are eligible for 1 dose; students born in 1970 or later are eligible for 2 doses of MMR vaccine.

Contact your health care provider to determine if you need to be immunized against mumps.

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

People who think they might have mumps, or have been in close contact with someone who has been diagnosed with mumps, should phone their health-care provider or phone Health Links–Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free) for more information.

If visiting a physician or health-care provider, it is best to call ahead and make an appointment so health-care staff can take steps to reduce the exposure of other people to the virus.

For more information about mumps, visit [www.gov.mb.ca/health/publichealth/diseases/mumps.html](http://www.gov.mb.ca/health/publichealth/diseases/mumps.html).

Sincerely,



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