

November 10, 2017

Dear Students and Faculty of the Bachelor in Commerce Program at the UBC Sauder School of Business,

RE: MUMPS EXPOSURE

This letter is to inform you that you may have been exposed to mumps at your school. Mumps is a viral illness that usually causes fever and swelling of the salivary glands (glands under your chin and around your neck). Some people with mumps will not have any gland swelling. Complications are not common, but can be swelling and pain in the testicles or ovaries or swelling of the lining of the brain. Sterility and deafness are very rare outcomes of these complications. Please see below:

- **If you were born before 1957** you are considered protected because most people were exposed to mumps virus prior to routine vaccinations
- **If you were born between 1957 and 1969** and have had at least **one** dose of mumps containing vaccine, you are considered protected; however, if you are not sure that you have had either mumps disease or mumps vaccination, we recommend you get vaccinated.
- **If you were born in or after 1970**, two doses of mumps containing vaccine are needed to prevent mumps. Most people born between 1970 and 1996 have not had two doses of mumps containing vaccine even if they had all their childhood and school vaccinations. If you are in this age group, we recommend that you receive a measles, mumps and rubella vaccine, unless you have a record of two doses of mumps vaccine (often as part of measles mumps rubella (MMR) vaccine).

Mumps virus is transmitted by close (face-to-face) contact or by sharing saliva (cigarettes, drinks, kissing etc). People become ill 16-18 days after catching the virus. If you suspect that you have mumps, please stay home from your workplace and contact your health care provider.

If you think you need a vaccine, please contact your health care provider or local community health centre to arrange vaccination. **Getting the vaccine now is important because mumps is spreading around our community, and mumps vaccine will protect you from catching the virus in the future.**

If you have any questions or concerns, please call our office at 604.675.3900 and ask to speak with a public health nurse.

Sincerely,



Dr. Althea Hayden, MD, FRCP(C)

Medical Health Officer and Medical Director of Communicable Disease Control, VCH