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University College

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Announcement: Mumps

Update: 14/02/19

We have an update on the situation, with the cases of mumps we previously wrote to you about now being confirmed.

We have been made aware that one person with a confirmed diagnosis was working in the University College bar during the virus' incubation period, so we [urge everyone to be vigilant in following the NHS guidelines](#) and self-isolate if you notice symptoms. We are also continuing to advise that everyone keeps using infection-control hygiene practices, such as being vigilant about hand washing.

We are liaising with Public Health England, as is recommended practice with more than 2 cases of mumps. Public Health England have advised that those who are not immunised consider getting the [MMR vaccination](#). In addition to our contact with Public Health England, we have also consulted the Director of Medicine at NHS Dorset Healthcare University Foundation Trust, both of whom are aware of our clinical setting, and have advised that the measures we are taking are appropriate.

If you think you might have mumps, the recommended course of action to prevent the infection spreading is: stay away from university or work until 5 days after you first developed symptoms

- wash your hands regularly, using soap and water

- always use a tissue to cover your mouth and nose when you cough and sneeze, and throw the tissue in a bin immediately afterwards

Announcement: Suspected Mumps

Date: 13/02/2019

The University College has been made aware of a small number of suspected mumps cases in the student body, which follows a confirmed case earlier in the month.

Mumps is an acute viral illness which can be easily spread from person to person by coughs and sneezes. It is important to prevent this virus spreading to those who visit our campus, which include those coming to our clinics, our students and our staff, some of whom may be vulnerable.

The NHS recommends anyone with symptoms should contact their GP so a diagnosis can be made. Students who suspect they may have mumps, should stay away from the University College to avoid the spread of the infection and report their absence by emailing courseadmin@aecc.ac.uk letting us know that suspected (or confirmed) mumps is the reason for absence. Staff should inform their line manager in the normal way.

We also advise others to take necessary precautions– more details below.

Symptoms

Mumps is most recognisable by the painful swellings at the side of the face under the ears (the parotid glands), giving a person with mumps a distinctive "hamster face" appearance.

More general symptoms often develop a few days before the parotid glands swell. These can include:

- headache
- joint pain

- feeling sick
- dry mouth
- mild abdominal pain
- feeling tired
- loss of appetite
- a high temperature (fever) of 38C (100.4F), or above

In about 1 in 3 cases, mumps doesn't cause any noticeable symptoms.

Preventing the spread of infection

If you think you might have mumps, it's important to prevent the infection spreading.

The best way to do this is to:

- stay away from university or work until 5 days after you first developed symptoms
- wash your hands regularly, using soap and water
- always use a tissue to cover your mouth and nose when you cough and sneeze, and throw the tissue in a bin immediately afterwards

Cases of mumps are monitored by Public Health England, who provide the University College with advice and support on potential public health issues.

[More information about Mumps from the NHS.](#)