




Have you been immunised against mumps?

Mumps is a serious disease that can be spread from one person to another, and can make you very sick.

Symptoms are fever, loss of appetite, and pain or swelling on one or both sides of the face or neck.

Everyone in Counties Manukau who isn't immunised can get mumps, particularly our young people (aged 10-29). Our communities from Tonga, Fiji, Tuvalu, Kiribati, Papua New Guinea, and Vanuatu need to check with their family doctor as the immunisation for mumps isn't given in these countries.

 If you're unsure if you or your whaanau have been immunised against mumps, please go see your family doctor.

  You can also call Healthline for advice on 0800 611 116. Healthline has translation services available 24/7.

HELP STOP THE SPREAD OF MUMPS IN YOUR COMMUNITY.

Protect you and your whaanau from mumps



Use tissues to cover coughs and sneezes, and throw used tissues in the bin. If you don't have a tissue, use the top of your sleeve or the pocket of your elbow. Just remember to wash your top afterwards!



Encourage your whaanau to wash and dry their hands regularly with soap and warm water for 20 seconds, and then take 20 seconds to dry their hands well with a clean towel.

Disinfect surfaces and objects which may be contaminated with saliva such as door handles and keyboards.



Do not share drinks and cups.

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