

Protect yourself against

Mumps

**In college this year?
And under 25?**

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For further information please visit:
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Many third level colleges were hit with major mumps outbreaks last year –

If you are in college this year and are under 25 years of age you could be at risk of getting mumps. Many Irish universities and colleges have experienced major mumps outbreaks in the past academic year. Students between 17-24 were most affected because many of them only ever received one dose of MMR vaccine. MMR protects against measles, mumps and rubella. Two doses are needed to protect against infection.

What is mumps?

Mumps is an acute viral illness that causes fever, headache and painful swollen salivary glands.

How is it spread?

It is spread from person to person by coughs and sneezes. It can also be transmitted through direct contact with saliva, including kissing.

How serious is it?

You could be ill enough to miss two weeks from college, studying, taking exams and socialising.

What are the complications?

Generally complications are mild but mumps can cause meningitis, deafness, inflammation of the pancreas, ovaries or testicles.

How can you be protected?

Immunisation with MMR vaccine is the best protection. Two doses of MMR are recommended.

Who needs to get MMR?

If you are under 25 and have only had one dose of MMR you need to have a second dose. If you were never vaccinated with MMR you need two doses. Older students usually do not need MMR vaccine as they probably were infected with mumps as young children before the vaccine was available.

How many doses of MMR have you ever received?

If you don't know how many doses you received, check your immunisation records (check with a parent/GP/HSE community care office). If you still are unsure you should go ahead and get at least one dose of MMR.

Where do you get the MMR?

Get in touch with your GP to find out about your FREE MMR vaccine. If you are living away from home or are unable to contact your GP, you can contact your student health service

**Remember MMR
vaccine is not just for
children**