

## Information regarding Mumps (おたふくかぜ：流行性耳下腺炎)

Mumps is a highly contagious disease caused by a virus through droplet infection. The incubation period is usually 14 – 21 days and people who are infected are most contagious for 1-2 days before the onset of symptoms.

The symptoms are:

Swelling of the parotid glands

Generally a high fever, but not always

Body weakness or tiredness

May have slight pain around the ear or in the side of the throat

Pain with chewing or swallowing; especially acidic foods

If your child has these symptoms keep him/her home from school and consult your doctor. Please inform the school if your child develops the disease. Your child may return to school when the swelling of the parotid glands subsided completely and the temperature is normal – the certificate for returning pupils should be completed and submitted to the nurse. The swelling usually lasts 7–10 days.

The outlook for **teenagers and adults with mumps** is more serious than for children because they have a higher risk of developing complications, such as meningitis and hearing loss etc. If your child is not vaccinated with Mumps, you may want to contact your GP.

Please see the following website for up-to-date information concerning this illness:

NHS Direct –

<https://www.nhs.uk/conditions/mumps/>

If you have trouble accessing these websites or would like any further information please contact the School Nurses:

Email – [nurses@bst.ac.jp](mailto:nurses@bst.ac.jp)

Shibuya Medical Room – 03 5467 4366

Showa Medical Room – 03 3411 4213

Best regards

The British School in Tokyo  
Health & Safety Office