

# Measles and Mumps

Measles and mumps are vaccine preventable diseases. During the coronavirus pandemic there has been a reduction in the number of children getting vaccinated with the MMR vaccine. This may lead to a significant increase in the incidence of measles, mumps, and rubella.

In recent years we have seen significant outbreaks of mumps, particularly in older students, and small clusters of measles infections. Rubella remains very unusual in the UK.

## Symptoms of measles:

- Runny nose
- Sneezing
- Cough
- Conjunctivitis
- High fever
- Small white spots inside the cheeks and on the back of the lips.
- Rash of flat red, or brown blotches appears on face and ears and spreads across the body. This usually starts on day 3 of the illness. Please note rashes may look different depending on skin tone - visit [NHS online](#) for more information.

## Symptoms of mumps:

- Raised temperature
- Swelling and tenderness of salivary glands
- Headaches
- Joint pain
- General malaise
- Nausea
- Fatigue
- Loss of appetite

## When should children with symptoms of measles or mumps stop coming to school, nursery, or college?

Cases of measles are infectious for 4 days before the onset of the rash and 4 days after, they should not attend school during this time, though they may not be aware that they have measles until the onset of the rash.

Children with mumps will be infectious a few days before symptoms develop and can return to the education setting 5 days after the onset of swelling if they are well enough.

## What should we do in the education setting?

Encourage all children and adults to receive their routine MMR vaccination:

- The MMR vaccine protects against measles, mumps, and rubella.
- Children should receive their first dose of the MMR vaccine at 1 year old, and their second dose at 3 years and 4 months old. Anyone who has missed these vaccinations can ask their GP for them at any age.



- Staff born between 1970 and 1990 should check that they are protected against mumps, measles, and rubella due to changes in the way the vaccination was given.

Children or under 12 months old, or with a weak immune system should seek prompt medical advice if they come into contact with a case of measles.

Adults who are pregnant or have a weak immune system, should seek prompt medical advice if they come into contact with a case of measles.

Maintain a thorough cleaning regime, especially in kitchens, bathrooms, and areas where there are groups of children with symptoms. Objects such as light switches and handrails that are touched frequently throughout the day should be cleaned more regularly.

Equipment such as dishwashers and washing machines should be appropriately maintained to ensure they remain operational.

Encourage children to practice good respiratory hygiene. They should cover their nose and mouth with a tissue (or sleeve) when sneezing or coughing, dispose of the tissue, and then wash their hands.

Encourage children to wash their hands. Children should use soap and water or alcohol hand gel regularly, but especially before eating or handling food, after using the toilet, and after coughing or sneezing.

Ensure there is good ventilation throughout your setting. Consider opening windows, trickle vents and grilles, whilst balancing the need for a comfortable indoor temperature.

Discourage children from sharing cutlery, towels, clothes, bedding or baths.

#### Teaching resources:

Early years - [hand and respiratory hygiene](#)

KS1 - [hand and respiratory hygiene](#)

KS2 - [hand and respiratory hygiene and vaccinations](#)

KS3 - [hand and respiratory hygiene and vaccinations](#)

KS4 - [hand and respiratory hygiene and vaccinations](#)

