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Dear Parent/Guardian,

**Re: Your family's vaccinations and the mumps virus**

Toronto Public Health (TPH) is investigating a mumps outbreak in the city. The mumps virus is found in saliva, and is spread through coughing, sneezing, kissing, and sharing drinks, utensils, food or water bottles. The majority of the mumps cases in Toronto have been confirmed in young adults aged 18 to 35 years; however, recently a case was identified in a Toronto school.

The risk of acquiring the mumps in Toronto schools is low because most schools have high vaccination rates and the mumps vaccine is required for school attendance in Ontario. Students who are not up-to-date with mumps vaccinations can be excluded from school.

Since the mumps has now been identified in a Toronto school, we are asking parents/guardians to take the following general precautions:

**1) Check vaccination records for you and your child:**

- Two doses of mumps vaccine (MMR, MMRV) are recommended.
- Children 4 years and older need two doses; check your child's yellow immunization card.
- Parents/guardians born between 1970 and 1992 may have received only one dose as a child. If an adult is unsure about their vaccinations or has only received one dose of mumps-containing vaccine, a booster dose is recommended.

**2) Watch for symptoms of mumps:**

The mumps infection causes fever, swelling of one or more salivary glands, loss of appetite, tiredness, and headache. If you or your child have symptoms of the mumps and are ill, please contact your health care provider and do not attend work or school.

**3) Planning to travel:**

Ensure that your immunizations are up-to-date for you and all your family members before travelling.

For further information visit [www.toronto.ca/health](http://www.toronto.ca/health). If you have any questions, please contact TPH's, Health Connection at (416) 338-7600 during business hours (8:30am to 4:30pm).

Sincerely,



Vinita Dubey MD CCFP FRCPC  
Associate Medical Officer of Health