



November 22, 2011

Health Department  
Health Protection Services  
1151 Bronte Road  
Oakville ON L6M 3L1

Dear Students/Staff attending **Sheridan College, Oakville:**

RE: Mumps

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The Halton Region Health Department has been notified of the risk of mumps in students/staff who attend Sheridan College-Trafalgar site in Oakville.

Mumps is a contagious viral disease that is most common in school-aged children and young adults. Symptoms start 16-18 days after contact with the infected person and may include: headache, dry mouth, tiredness, and loss of appetite. The infected person may also develop an earache, pain upon opening the mouth, and swelling of the cheeks and jaw. The person is considered infectious until five full days after the swelling appears.

Immunization with a mumps containing vaccine is the best protection against getting mumps.

There are several things you should do now:

- **The earliest possible exposure date was on Tuesday November 8, 2011. Monitor yourself for the symptoms described above for the next several weeks until approximately December 15, 2011.**
- **If you develop or have the symptoms noted above, please arrange to be assessed for mumps by a physician. Contact the physician's office before going and inform them of your possible exposure to mumps and bring this letter with you.**
- **Check your immunization records. MMR (measles, mumps, and rubella vaccine) is usually given at 12 months and 4-6 years of age. If you are not up to date with your immunizations talk to your physician, health services or call the Halton Region Health Department at 905-825-6000 about getting the MMR vaccine.**

More information about mumps and mumps vaccination can be found on the Health Department's website at [www.halton.ca](http://www.halton.ca)

Sincerely,

A handwritten signature in blue ink that reads "Kathy Jovanovic".

Kathy Jovanovic RN BScN  
Supervisor Communicable Disease Control Services

**The Regional Municipality of Halton**