

Health department confirms case of mumps in Halton

www.insidehalton.com | MILTON CANADIAN CHAMPION | Thursday, March 16, 2017 | 8

Halton Region has confirmed a case of mumps — an adult Oakville resident — as Toronto deals with a mumps outbreak.

Mumps is a contagious viral disease that can infect people of any age. It is more common in school-aged children and young adults, according to the Halton Region Health Department.

Most people who get mumps are sick for up to 10 days. Symptoms

can appear 12 to 25 days after contact and can be more severe for infants and adults. One of the main symptoms of mumps is swelling of the glands in the cheeks and jaw. The swelling is caused by an infection of the salivary glands.

Mumps is spread from person-to-person through coughing, sneezing and coming into contact with a person's saliva by sharing food, drinks, utensils, cigarettes or by

kissing.

"The Halton Region Health Department is reminding individuals born between 1970 and 1992 to check with your doctor to ensure you have had a booster shot for the mumps vaccine (MMR) if you only received one MMR vaccine in the past," said Dr. Daniela Kempkens, Acting Medical Officer of Health (MOH), said in a media release.

Meanwhile, Toronto Public Health

is currently investigating a mumps outbreak in the city. As of March 9, there were 31 confirmed cases of mumps in Toronto. Most of the cases are among 18-35 year old individuals. Four of the confirmed cases are related to schools in Toronto, either among staff or students.

"We strongly advise all residents to check their vaccination records to reduce the spread of mumps and protect themselves against

this contagious viral disease," said Kempkens, adding, "Mumps can be prevented through immunization with two doses of mumps vaccine." If you think you may have mumps and need to see a doctor, the health department says you must call ahead to the doctor's office, walk-in clinic or emergency department. For more information, visit halton.ca/mumps or call the Halton Region Health Department by dialing 311.

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