



Public Health
England

Mumps is on the rise

Don't forget to check if you have had 2 doses of MMR vaccine from your GP practice. If not sure, make an appointment to catch up today.

Visit NHS.UK to find out more about measles, mumps, rubella and the MMR vaccination.



#ValueofVaccines



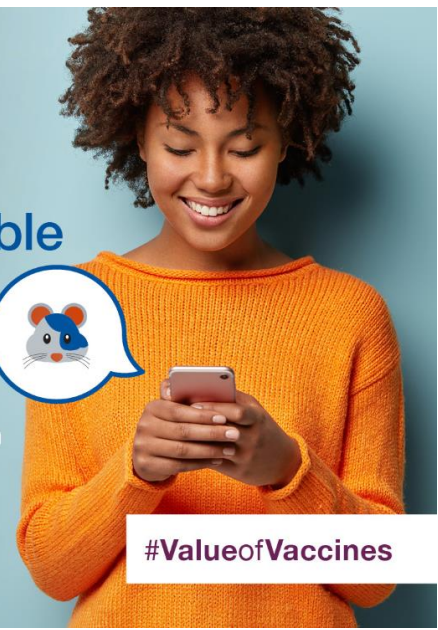
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Mumps is most recognisable by 'hamster face'

Painful swellings at the sides of the face. Other symptoms include tiredness, joint pain and fever.

Call NHS 111 if you think you have mumps or have been in contact with someone who has. Avoid college and work for at least 5 days after symptoms first develop.

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If you have mumps, prevent spreading the illness by:

- regularly washing your hands
- catching coughs and sneezes in a tissue
- avoiding college and work for at least 5 days after symptoms first develop

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