

Protect yourself from Mumps & Meningitis

Mumps and meningitis

In the UK growing numbers of students catch [mumps](#) every year. It's a highly [contagious](#) viral infection of the parotid salivary glands, which are just below and in front of your ears. Mumps is spread in a similar way to the flu virus through coughs and sneezes and on saliva.

The usual symptoms are swollen glands, sore throat, headache, [loss of appetite](#) and tiredness - severe mumps may even lead to infertility in men.

You can protect yourself against mumps by getting the [MMR](#) jab at any age. You need two [doses](#) to be fully vaccinated. If you do get mumps, you should return home if you can to avoid spreading the infection. If this is not practical stay in your room and avoid communal areas.

If you're under 25 you should also get a [vaccination](#) against meningitis C. This is only one form of meningitis but it is the most serious and always requires hospital treatment

Symptoms can be similar to flu (sore throat, high temperature, muscles [aches](#)) but can also include a severe headache, stiffness in your neck, an aversion to bright light, and a rash that doesn't disappear when pressed with the side of a glass.

Keep an eye on yourself and your friends - if you are worried, consult a doctor immediately.

Remember you must register with a medical practitioner. If you live north of the river Thames you may register with St Philips Medical Centre, or your hall of residence can give you information on the nearest medical practice.

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