



PRIMARY HEALTH CENTRE  
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March 31, 2017

To members of sports teams  
Prairie North Health Region

**Re: Mumps immunization**

As you know, recently there has been an increase in cases of mumps. Based on experience from provinces that have seen more cases than Saskatchewan, mumps cases are being seen first among members of sport teams and in post-secondary students before spreading to the general population.

Those born before 1970 are generally considered immune to mumps mostly as a result of natural infection. For those born in 1970 and later, two doses of a mumps containing vaccine (e.g. MMR) reduce significantly the risk of infection, hence the benefit of ensuring adequate vaccination, especially for members of sport teams and post-secondary students. In Saskatchewan, this vaccine is free of charge for those born in 1970 and later.

**If you are from Prairie North Health Region**, were born in 1970 or later and would like to check your mumps immunization status, please feel free to call 306-446-6400. You will be advised whether you require one or two doses of MMR vaccine.

Sincerely,

Dr. M. Nsungu  
Medical Health Officer

CC: Shari Collins, Public Health Nursing Supervisor