

## MEDICAL OFFICER OF HEALTH COMMUNICABLE DISEASE BULLETIN INCREASE IN MUMPS CASES

**Distribution:** Family Physicians

**Date:** April 27, 2015

**MUMPS** is characterized by acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary gland, lasting 2 or more days and without other apparent cause. **There has been an increase in cases of mumps in the Central Zone of the Nova Scotia Health Authority this year.**

Under immunized (< 2 doses of mumps containing vaccine at age  $\geq$  12 months) children and adults are at greatest risk of developing mumps. Symptoms may also include fever, headache, and myalgia. Inflammation of the testicles (orchitis) can occur in 20-30 % of post-pubertal males. Rarely, mumps infection can lead to meningitis, inflammation of the ovaries, inflammation of the pancreas, and transient or permanent hearing loss. Up to 20-30% of mumps infections can be asymptomatic.

### Prevention:

- **Ensure that infants and young children are immunized according to the recommended schedule.**
- Ensure all adults born after 1970 have at least two doses of mumps containing vaccine (e.g MMR/MMRV) **and first dose should be at or after 1<sup>st</sup> birth day unless contraindicated.**

### Increased Clinical Suspicion of Mumps:

- Unilateral or bilateral tender swelling of the parotid or other salivary gland, lasting 2 or more days and without other apparent cause in under immunized (< 2 doses of mumps containing vaccine at age  $\geq$  12 months) children and adults.

### Testing:

- Ideally, **BOTH a buccal swab in viral transport media AND urine in a sterile urine container** should be transported to the lab at 4°C. Both are tested by **polymerase chain reaction (PCR)** for the presence of the mumps virus.
- **If unable to send both specimens**, then:
  - Up to and including day 4 of parotid swelling, send a buccal swab in viral transport medium.
  - After day 4, send a urine specimen in a sterile container.

### Treatment:

- There is no specific or prophylactic treatment for mumps; all confirmed and clinical cases of mumps should be offered supportive care.

### Infection Prevention and Control:

- If a patient presents with suspected mumps, ensure the patient is masked while in the waiting room.
- Self isolation for suspected and confirmed cases during the communicability period (7 days before parotid swelling and 5 days after parotid swelling).

### Public Health Role:

- Case investigation and facilitating testing (as needed).

#### **HOW TO REPORT MUMPS:**

Mumps must be reported to Public Health by the next business day. Call: 902-481-5800 and leave a message with both your details and details of patient.

**MUMPS IS A NOTIFIABLE DISEASE.  
REPORT SUSPECTED CASES TO PUBLIC HEALTH.**