

Date: 17 February 2017
To: SZ PHYSICIANS
From: Medical Officers of Health – South Zone
RE: MUMPS OUTBREAK – SZ – MEDICINE HAT

A mumps outbreak has been declared in South Zone, Medicine Hat area with 6 cases reported. All cases were exposed to Manitoba Western Hockey League team with known confirmed cases.

Manitoba and Ontario are reporting increases in mumps cases, with 162 confirmed cases in Manitoba since September 1, 2016 and 7 cases in Toronto in 2017. Most are between 17 and 29 years of age. The Manitoba cases are associated with universities in Winnipeg and are predominantly students who participate in sports. There has been spread to other health regions and age groups. In the US, there have also been several mumps outbreaks reported in 2015-2016, mainly in university populations.

There is potential for spread to Alberta and other provinces through sports events, especially hockey, and travel.

In Alberta, mumps advisories are being sent to post-secondary sports teams and schools to increase awareness of mumps disease and preventive measures.

Mumps vaccine is effective, but a minority of vaccinated individuals remains susceptible. Vigilant case investigation and reporting, and immunization of susceptible individuals can reduce this risk.

Clinical Illness and Case Definitions:

Clinical illness: **acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary gland, lasting greater than two days and without other apparent cause.** Nonspecific prodromal symptoms preceding parotitis by a few days include low grade fever, myalgia, anorexia, malaise and headache. Parotitis may not always be present.

Confirmed case:

Laboratory confirmation of infection in the absence of recent immunization with mumps-containing vaccine by: isolation of mumps virus or viral RNA, or positive serological tests, or clinical illness in individual with epidemiologic link to a confirmed case.

Probable case:

Clinical illness without either laboratory confirmation or an epidemiologic link to a confirmed case.

Actions:

1. Assess symptomatic individuals and consider laboratory testing to confirm mumps.
2. Report confirmed and probable cases to the Communicable Diseases Centre – (1- 587-220-5753) OR the MOH on call (403-388-6111). Suspect cases (clinical illness only) can also be reported.

3. Symptomatic individuals should be excluded from work or school for 5 days from the onset of salivary gland swelling. Health care workers should be excluded regardless of immunization status.

Laboratory Tests:

Order on ProVLab virology requisition:

- Buccal swab in viral transport medium for mumps NAT (up to 10 days after onset of parotitis).
 - Urine for mumps NAT – **only** with orchitis, oophoritis or meningitis
- Serum for mumps IgM and IgG antibody (note: Mumps IgG serology is not an acceptable indicator of immunity; Mumps IgM may have blunted or delayed response in those previously immunized)

Contact Virologist/Microbiologist-on-Call in Calgary (403-944-1200) or Edmonton (780-407-8822) for urgent testing.

See ProVLab Guide to Services for current testing recommendations: www.provlab.ab.ca/guide-to-services.pdf

Infection Control Recommendations:

Mumps is spread by contact with infected respiratory droplets or contact with items that might be contaminated with the saliva of an infected person. Measures that reduce the risk of transmission include:

1. Good hand hygiene – wash hands often with soap and water, or use alcohol hand rub.
2. Avoid sharing items that could be contaminated with saliva such as water bottles, drinking glasses, utensils, etc.
3. Clean and disinfect high touch/potentially contaminated surfaces.
4. Cover coughs or sneezes with a tissue or a forearm.
5. Mumps is vaccine preventable – MMR vaccine is part of Alberta’s immunization program. Adequate immunization is outlined in the *AHS-Immunization Program Standards Manual* (<http://www.albertahealthservices.ca/info/Page10802.aspx>). Recommend it to your patients, and ensure that you and your staff have received two doses.

Routine precautions should be used in healthcare situations.

Additional References:

- Alberta Health Public Health Notifiable Disease Management Guidelines. Mumps. www.health.alberta.ca/documents/Guidelines-Mumps-2011.pdf
- Public Health Agency of Canada. Mumps. www.phac-aspc.gc.ca/im/vpd-mev/mumps-oreillons/professionals-professionnels-eng.php
- Manitoba Health. Mumps and updates. www.gov.mb.ca/health/publichealth/diseases/mumps.html

If you have further questions, please contact your Zone Medical Officer of Health.

This update is posted on the AHS-MOH webpage

www.albertahealthservices.ca/medstaff/Page7082.aspx