

**Context:**

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 has been spread to Alberta and other provinces through sports events, especially hockey, and travel. To date in 2017, there have been 16 confirmed cases of mumps reported in Alberta – 3 in Calgary (1 linked to Manitoba, 1 linked to Ontario, 1 linked to overseas travel), 4 in Edmonton (1 not linked to Manitoba and a cluster of 3 at the University of Alberta linked to Manitoba) and an outbreak has been declared in South Zone with 9 cases, all linked to the WHL. In Alberta, mumps advisories are being sent to post-secondary sports teams and schools to increase awareness of mumps disease and preventive measures.

Vigilant case investigation and reporting, and immunization of susceptible individuals can reduce this risk.

**Actions:**

1. Please send this memo to your post-secondary sports team coaches and team physicians, if applicable.
2. Advise team members/coaches of immunization recommendations as below:
  - a. Students born in 1970 or later should have a history of 2 doses of mumps-containing vaccine (MMR)
  - b. Students born prior to 1970 should have history of 1 dose of mumps-containing vaccine (MMR)
3. Anyone with symptoms of pain on chewing or swallowing and/or swelling of the cheek or jaw should see a doctor for assessment and consideration of testing.
4. Anyone with symptoms as above should not go to class or play sports for 5 days from the start of swelling.

**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.

**Additional References:**

Alberta Health Public Health Notifiable Disease Management Guidelines. Mumps.

[www.health.alberta.ca/documents/Guidelines-Mumps-2011.pdf](http://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/professionnels-professionnels-eng.php](http://www.phac-aspc.gc.ca/im/vpd-mev/mumps-oreillons/professionnels-professionnels-eng.php)

Manitoba Health. Mumps and updates. [www.gov.mb.ca/health/publichealth/diseases/mumps.html](http://www.gov.mb.ca/health/publichealth/diseases/mumps.html)

***If you have further questions, please contact your Edmonton Zone Medical Officer of Health at 780-433-3940***

Advisory is posted on the AHS-MOH webpage: [www.albertahealthservices.ca/medstaff/Page7082.aspx](http://www.albertahealthservices.ca/medstaff/Page7082.aspx)