

Communicable Disease Advisory:

From the Office of the Medical Officer of Health

Mumps – Update #3

Date: 3 April 2017

Context

A mumps outbreak was declared on February 14th in South Zone Medicine Hat area, with exposures linked to the Western Hockey League. To date, there have been 16 confirmed mumps cases in South Zone: 14 in Medicine Hat, 2 in Lethbridge. The last case demonstrates the third transmission cycle of mumps in Medicine Hat.

There has also been increased mumps activity in both Calgary and Edmonton. Edmonton declared a zone-wide outbreak on March 28th, 2017. Mumps cases continue to occur across Canada and the USA.

Up-to-date information on mumps activity in Alberta can be found on the AHS website at:

<http://www.albertahealthservices.ca/info/page15190.aspx>.

Please maintain a high level of suspicion for possible cases of mumps in the weeks ahead. Mumps vaccine is effective, but a minority of immunized individuals remain susceptible. Vigilant case investigation, reporting, and immunization of susceptible individuals can reduce this risk.

Clinical Presentation

Acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary glands, lasting greater than 2 days without other apparent cause. Non-specific prodromal symptoms preceding parotitis by a few days include low-grade fever, anorexia, malaise and headache.

Actions

1. Assess symptomatic individuals and consider laboratory testing to confirm mumps (see below). Consider other causes of parotitis including, bacterial infection, Epstein-Barr virus, influenza, parainfluenza and blocked salivary ducts.
2. Advise symptomatic individuals to stay home from work or school for 5 days from the onset of parotitis.
3. Use droplet precautions when assessing possible mumps cases. See further Infection Prevention and Control resources below.
4. Ensure that you and your staff are up-to-date with immunizations. **All healthcare workers, regardless of date of birth, are recommended to have 2 doses of mumps containing vaccine.**
5. Mumps is vaccine preventable and MMR vaccine is part of Alberta's routine immunization program. Encourage your patients to ensure that their immunizations are up-to-date, by calling Health Link (811). Due to the outbreak, **South Zone has made a change to their routine immunization recommendations and is now advising that all persons born after 1970 receive 2 total lifetime doses of mumps containing vaccine.**

Laboratory testing

- Buccal swab in viral transport medium for mumps NAT (collected up to 5 days after onset of parotitis).
 - Serum for mumps IgM and IgG (collected if parotitis present for at least 3 days, 5 days if immunized).
 - If orchitis, oophoritis or meningitis present, order urine for mumps NAT, in addition to serology and buccal swab.
- For further information on appropriate laboratory testing and interpretation, see the ProvLab link below.

If you have further questions, contact the South Zone Medical Officer of Health at 403-388-6111.

Additional References

- Alberta Health Public Health Notifiable Disease Management Guidelines. Mumps. www.health.alberta.ca/documents/Guidelines-Mumps-2011.pdf
- Provincial Laboratory for Public Health. Laboratory Testing for Mumps, Mar 3, 2017. www.albertahealthservices.ca/assets/wf/plab/wf-provlab-laboratory-testing-for-mumps.pdf
- Alberta Health Services Infection Prevention and Control Resource Manuals: <http://www.albertahealthservices.ca/info/Page6854.aspx>

This update is posted on the AHS-MOH webpage www.albertahealthservices.ca/medstaff/Page7082.aspx