

Communicable Disease Advisory: Edmonton Zone Mumps Outbreak

From the office of the Edmonton Zone Medical Officer of Health

March 28, 2017

Context:

The Edmonton Zone has declared a zone-wide mumps outbreak due to continued increased mumps activity. On February 24, 2017, Edmonton Zone identified a cluster of mumps associated with the University of Alberta. As of March 27, 2017, there have been 24 confirmed cases of mumps in Edmonton Zone; 8 are related to the University Outbreak. Mumps cases continue to occur elsewhere in Alberta, Canada and the USA. A mumps outbreak was declared on February 14, 2017 in South Zone, Medicine Hat area with exposures linked to the Western Hockey League. 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 two 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, **Edmonton Zone has made a change to their routine immunization recommendations and is now advising that all persons born after 1970 receive two total lifetime doses of mumps containing vaccine.**

Laboratory testing: If ordered, please include EI number: 2017-EI-194 on the requisition.

- 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 Edmonton Zone Medical Officer of Health at 780-433-3940

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