

Context:

On February 16, 2017, Public Health sent an advisory regarding increased mumps activity associated with an outbreak in Manitoba and cases among players in the Western Hockey League (WHL). Since then, additional Alberta cases have been identified, in South Zone and Edmonton Zone: An outbreak in South Zone was declared on February 17, 2017. To date there have been 9 confirmed cases; all with linkages to the WHL.

Edmonton Zone is investigating a cluster of mumps cases associated with the University of Alberta.

Four cases to date have been reported; all are students at the University and no links to South Zone or the WHL have been identified.

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

Actions:

1. Assess symptomatic individuals and consider laboratory testing to confirm mumps.
2. Report confirmed and probable cases to the Medical Officer of Health at 780-433-3940.
3. Symptomatic individuals should be excluded from work or school for 5 days from the onset of salivary gland swelling.

Clinical Presentation:

Mumps is characterized by acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary glands, lasting greater than two days and without other apparent cause. Non-specific prodromal symptoms preceding parotitis by a few days include low grade fever, myalgia, anorexia, malaise and headache. Cases may be confirmed by the laboratory tests below or by epidemiological link to a lab-confirmed case. Mumps has an incubation period of 14 to 25 days and can be transmitted from seven days before to nine days after symptoms onset, although it is most likely to spread 2 days before to 5 days after symptom onset.

Laboratory Tests: See ProvLab Guide to Services for current testing recommendations:

www.provlab.ab.ca/guide-to-services.pdf Order on ProvLab virology requisition:

- Buccal swab in viral transport medium for mumps NAT (collected up to 10 days after onset of parotitis).
- Serum for mumps IgM and IgG
- If orchitis, oophoritis or meningitis present, urine for mumps NAT

Infection Control Recommendations:

Mumps is spread by contact with infected respiratory droplets. To reduce the risk of transmission:

1. Practice good hand hygiene and cough etiquette
2. Avoid sharing items that could be contaminated with saliva such as water bottles, utensils, etc.
3. Regularly clean and disinfect high touch/potentially contaminated surfaces.
4. Droplet precautions should be applied to known cases.
5. Mumps is vaccine preventable and MMR vaccine is part of Alberta's routine immunization program. Please encourage your patients to ensure they are up to date. Adequate immunization is outlined in the *AHS-Immunization Program Standards Manual* (<http://www.ahs.ca/info/Page10802.aspx>). Post-secondary students born after 1970 are eligible for two doses of MMR.

If you have further questions, please contact 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

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