

December 19, 2016

Mumps outbreak ongoing in Washington State

Actions Requested

- **Be aware of the signs and symptoms of mumps**, which may include pain/tenderness in one or both parotid salivary glands, low-grade fever, myalgia, anorexia, malaise, and headache. Mumps can also present with only nonspecific or primarily respiratory symptoms. Infection can also be asymptomatic.
- **Notify us if you have a suspected case of mumps**. See phone number below.
- **Collect specimens as close to the onset of symptoms as possible**. RT-PCR testing is recommended for individuals who have been vaccinated against mumps. Specimens include buccal swab and urine depending on the timing of specimen collection in relation to symptom onset. Testing is available at WA Public Health Laboratories, but must be approved by us before specimens will be accepted.
- **Know the immunization status of staff, patients, clients, and students and encourage unvaccinated individuals to consider vaccination**. The current recommendation for protection against mumps is to have two doses of MMR or MMRV vaccine. The mumps vaccine cannot be used to prevent the development of mumps after exposure.
- **Instruct patients suspected or confirmed to have mumps to stay home** and not go to school, work, public places or social activities for 5 days after the onset of parotitis. Family members who are not immune should avoid contact during the time the case is infectious.

For questions, please contact our Communicable Disease staff at 360-337-5235.

Background

Mumps is a contagious disease currently spreading at increased levels in Washington State. Current confirmed and probable cases are mainly school aged children up through age 19 and are located primarily in King county with others in Pierce, Yakima, and Spokane counties. At this point no cases of mumps have been reported in Kitsap county relating to the recent outbreak. Check the Washington State Department of Health's webpage for the most up to date case count (see link below). These cases may be associated with a larger multi-state outbreak believed to have originated in Arkansas.

Mumps usually involves pain, tenderness, and swelling in one or both parotid salivary glands (cheek and jaw area). Nonspecific prodromal symptoms may precede parotitis by several days, including low-grade fever which may last three to four days, myalgia, anorexia, malaise, and headache. Fever may persist for 3 to 4 days. Parotitis, lasts at least 2 days, but may persist longer than 10 days. However, mumps infection may present only with nonspecific or primarily respiratory symptoms, or may be asymptomatic.

Mumps infection is most often confused with swelling of the lymph nodes of the neck. Lymph node swelling can be differentiated by the well-defined borders of the lymph nodes, their location behind the angle of the jawbone, and lack of the ear protrusion or obscuring of the angle of the jaw, which are characteristics of mumps. People with mumps are usually considered most infectious for several days before and after onset of parotitis.

Resources

- WA DOH Mumps Outbreak webpage: <http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Mumps/MumpsOutbreak>
- CDC Mumps Outbreak Q&A: <https://www.cdc.gov/mumps/outbreaks/outbreak-patient-qa.html>
- CDC Mumps webpage: <https://www.cdc.gov/mumps/about/index.html>