

HEALTH ADVISORY: Mumps
January 25, 2019

The Texas Department of State Health Services (DSHS), along with local and regional health departments, is investigating multiple cases and outbreaks of mumps in immigration centers located throughout Texas. While 97% of mumps cases were in the immigrant population, 3% of mumps cases were in employees who worked at the immigration center. There has been no documented transmission to the community as of January 24, 2019.

Due to the highly communicable nature of this disease, **please consider mumps as a diagnosis for patients presenting with the following symptoms, particularly those who have traveled out of the state or have come into contact with known mumps cases:**

- Unilateral or bilateral swelling of the parotid or salivary glands, preceded by low-grade fever, myalgia, malaise, or headache

Complications or other presentations are rarely seen but may include deafness, pancreatitis, oophoritis, orchitis, meningitis, and/or encephalitis. Additionally, up to 20 percent of those infected may be asymptomatic.

Vaccination: Verify the vaccination status of all patients and offer vaccine to anyone that is not up-to-date. CDC guidance for mumps vaccination may be found here (<https://www.cdc.gov/mumps/vaccination.html>).

Disease Reporting: The Health & Safety Code (Chapters 81, 84, and 87) requires that specific information regarding notifiable conditions be provided to DSHS. Healthcare providers, hospitals, laboratories, schools, childcare facilities and others are required to report patients who are suspected of having mumps (Chapter 97, Title 25, Texas Administrative Code) to the local health department.

In Texas, diagnosis or *suspicion* of mumps is required to be reported within one week. Do not wait for laboratory confirmation to report suspect mumps cases. Mumps reports should be made to your local health department or by calling 800-705-8868.



Laboratory Confirmation Testing: Collect the following specimens for all patients suspected of having mumps at the time of the initial medical visit:

- Buccal swab (preferred) for viral isolation and PCR testing
 - Ideally, specimen collection should happen within three days of onset of parotitis, but specimens may be collected up to 10 days after parotitis onset.
 - PCR positive buccal swabs may be forwarded to the CDC for genotyping.
- Serum specimen for serological testing to detect IgM antibody
 - NOTE: individuals previously vaccinated may not develop detectable IgM antibodies, therefore a buccal swab is highly recommended.
 - Specimen collection should take place between three and seven days after parotitis onset.

Infection Control: Mumps is transmitted from person to person by respiratory droplets or saliva. The average incubation period is 16-18 days (range of 12-25 days) from exposure to onset of parotitis. Persons are contagious from 3 days before to 5 days after onset of parotitis. Patients admitted to a healthcare facility should be placed on droplet precautions, and healthcare workers should use a plain surgical mask when caring for patients with suspected or confirmed mumps.

All healthcare facilities shall ensure that they have updated documentation of mumps immunity status for all staff (not just healthcare providers). Documentation of immunity includes written record of receipt of two MMRs, positive serological titers, or birth prior to 1957. Healthcare facilities are recommended to vaccinate any unvaccinated personnel born before 1957 who do not have laboratory evidence of mumps immunity.

People suspected of having mumps are recommended to stay home from work, school, daycare, and any public outings (e.g., church, grocery store) until five days have passed from onset of parotitis. Household and close contacts of suspected mumps cases are advised to watch for signs and symptoms of mumps for up to 25 days after the last day of exposure. Contacts who develop signs or symptoms consistent with mumps are advised to be excluded from work, school, or group settings. Individuals who develop signs or symptoms of mumps are advised to contact their healthcare provider prior to going to a clinic setting for care and testing, in order that proper measures can be taken to prevent the further spread of disease.