

Mumps Alert — February 27, 2017

Information for Health Practitioners

From Dr. Denise Werker, Deputy Chief Medical Health Officer, Saskatchewan Ministry of Health

Be on the alert for persons with signs and symptoms of mumps. Several provinces, including Manitoba and Alberta, are reporting mumps. Transmission has occurred in the context of sports activities and bar scenes in young adults; however, in Manitoba, mumps is now being reported in all ages throughout the province. Report persons suspected of having mumps to your regional Medical Health Officer.

Mumps activity in Canada

- Manitoba has been reporting cases of mumps since September 2016; British Columbia, Alberta, Ontario and Nova Scotia are also reporting cases.
- The outbreak in Manitoba began with a university sports team and now is being reported in all ages throughout the province.

Risk in Saskatchewan

- An immunization coverage rate of 75% to 86% is required to stop/interrupt transmission – our coverage rates range from 59% (at 13 months) to 89.5% (at 17 years).
- University students, including international students and athletes, may not have had 2-doses of mumps-containing vaccine, creating conditions for disease transmission.
- Under-immunization or no immunization increases the risk of transmission.
- Mumps-containing vaccine (i.e. MMR) was introduced in Saskatchewan in 1979. Individuals born between 1979 and 1990 may have only received one dose.
- Risk increases the longer and the closer a person comes into contact with someone who has mumps.

Signs, Symptoms and Sequelae:

- Mumps is an acute viral infection characterized by unilateral or bilateral tender, self-limited swelling of the parotid or other salivary glands.
- Symptoms may be mild and include fever, headache, muscle aches, tiredness and loss of appetite.
- Orchitis (inflamed testicle) is most commonly unilateral, and occurs in 20 to 30% of affected post-pubertal males. Sterility is rare.
- Aseptic meningitis occurs in about 10% of cases; mumps encephalitis is rare but can result in long-term sequelae such as paralysis or seizures.
- Up to 30% of infections may be asymptomatic.
- Symptoms occur 14 – 25 days following exposure.

Transmission

- The mumps virus replicates in the upper respiratory tract and is spread through contact with respiratory secretions or saliva.
- Transmission is more likely in crowded environments and with close contact such as classrooms, sporting events, bars, and dormitory living.
- Kissing or sharing eating utensils, water bottles, drinks, lipsticks, cigarettes, and other smoking paraphernalia increases the risk of spreading the virus.

Testing and Reporting

- Test individuals with signs and symptoms compatible with mumps.
- Request a serum sample **AND** either a swab from around the opening of Stenson's duct **OR** a urine sample for laboratory diagnosis of mumps.
- See the [Saskatchewan Communicable Disease Control Manual](#) for details on testing and management.
- Other respiratory pathogens can interfere with the serologic diagnosis (i.e. false positive IgM).
- Report to your regional Medical Health Officer as soon as a diagnosis of mumps is suspected. This is an obligation under *The Disease Control Regulations*.

Reducing the Spread

- Exclude persons suspected of having mumps from childcare, school, post-secondary settings and workplaces for at least 5 days after onset of parotitis and for 9 days if symptoms persist.
- Provide prevention messaging:
 - Cover mouth and nose when coughing.
 - Wash hands frequently with soap and water.
 - Disinfect frequently touched surfaces.
 - Avoid kissing or sharing eating utensils, water bottles, drinks, lipsticks, cigarettes, and other smoking paraphernalia.
- Work with Public Health staff who will follow up with any cases and their contacts and offer immunizations to under-immunized individuals.
- Implement [infection control measures](#) in your clinic.
- Reinforce the importance of vaccination and review the immunization records of your patients and clinic staff. Immunization records may be available in eHealth viewer.

For more information, please contact your regional [Public Health Office](#).

The public can also contact

