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Note: Contact information for the Alaska Section of Epidemiology can be found at the end of this message.

Alaska Public Health Advisory

Additional Cases of Mumps in Anchorage
August 10, 2017

Summary

Two new cases of laboratory-confirmed mumps and one additional probable case have been reported to the Alaska Section of Epidemiology this month. All three are adults who live in Anchorage; none of them reported recent travel outside of Alaska. One had documentation of a single mumps-containing MMR vaccine, the other two did not have any documented mumps-containing vaccines. Two are relatives, but the third has no identified link to the other cases, suggesting that mumps may be circulating more widely in the community. In addition to these three new cases, another case of confirmed mumps in Anchorage occurred in May 2017 (see: http://dhss.alaska.gov/dph/Epi/Documents/phan/AKPHAN_20170511_Mumps.pdf). Three of the four cases identified this year have occurred in Pacific Islanders.

Mumps Background

- Mumps is a contagious, vaccine preventable viral illness.
- Mumps is spread through respiratory droplets (through coughing and sneezing) and sharing saliva (e.g., kissing and sharing cups/utensils).
- Symptoms typically appear 16–18 days after exposure (range 12–25 days).
- Mumps is best known for the puffy cheeks and swollen jaw that it causes, which is a result of swollen parotid salivary glands (parotitis).
 - Other symptoms include fever, headache, myalgia, fatigue, and loss of appetite.
 - Occasionally, more concerning sequelae can occur, including orchitis (testicular swelling), sensorineural hearing loss, and meningitis.
 - Some people who get mumps have very mild symptoms or no symptoms at all.
 - Most people with mumps recover completely within a few weeks.
- Persons with mumps are most infectious from 2 days prior to 5 days after the onset of parotitis. ***Therefore, persons with suspected mumps must self-isolate for 5 days after swelling onset.*** Infected people without symptoms of mumps may still be able to transmit the virus.
- Two doses of the mumps vaccine is about 88% effective at preventing mumps. That means that if you have 100 people who are fully vaccinated, 88 of them will be fully protected. The remaining 12 will still be vulnerable to mumps.
- In 2016 and 2017, several states have experienced large mumps outbreaks, including an outbreak in Arkansas involving approximately 3,000 cases (for national case counts, see: <https://www.cdc.gov/mumps/outbreaks.html>). In the Arkansas outbreak, >90% of school-aged children and >30% of adults who became ill were fully immunized against mumps.

What Health Care Providers Should Do: Vaccinate, Report, Test, Inform

- Make sure your patients are up to date on their MMR vaccinations
- **Promptly report** persons identified with suspected mumps to the Section of Epidemiology at 907-269-8000, or 1-800-478-0084 after hours.
- Obtain clinical specimens for testing on all suspected cases. Mumps PCR is the preferred test for rapid clinical diagnosis, but it may not be available at all commercial labs. Contact SOE for assistance in accessing PCR testing through the State Public Health Laboratory.
 - Collect a buccal swab, ideally within 1–3 days of parotitis onset (note: virus may be detectable for up to 9 days after parotitis onset).
 - Consider collecting a throat swab as well.
 - Use a Dacron® or other synthetic swab on a plastic shaft. Place swab in a tube containing viral transport

- media (VTM).
- Ship specimens on cold packs within 24 hours. If shipping is delayed, freeze and ship frozen.
- Contact the Section of Epidemiology (907-269-8000) for assistance in routing the specimens to the laboratory.
- Review additional information here:
<http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/Mumps/InformationforHCPsSuspectCaseofMumps.pdf>
- Educate your patients about the importance of vaccinating against mumps.

What Everyone Can Do: Vaccinate, Seek Medical Attention, Self-isolate if Sick

- Ensure that you and your family members are up-to-date on your mumps vaccinations (see below for schedules).
- If you develop parotitis (tender puffy cheeks) and/or other symptoms of mumps, *call your health care provider or the emergency department, before coming into the clinic*, for instructions about how and where to be evaluated. The reason to call ahead of time is to minimize the potential for exposing others by showing up unexpectedly in a clinic or ER waiting room.
- Persons with suspected mumps must *self-isolate for 5 days* after swelling onset.

Prevention by Vaccination

- Vaccination against mumps (with measles mumps, and rubella – MMR vaccine) is the best way to protect yourself and others from mumps infection. Two doses of the MMR vaccine is about *88% effective* at preventing mumps.
- Children should receive their first dose of MMR at 12–15 month of age and their second dose at 4–6 years of age. MMR vaccine is not recommended for children <1 year of age.
- Adults who have not had one dose of MMR vaccine or who do not have evidence of immunity should get vaccinated promptly. Certain adults who are at risk of exposure may need a second dose. *Note: pregnant women or people that are immunocompromised should not receive the MMR vaccine.*
- If you are unsure of your child’s vaccination status or if your child has not received the MMR vaccine (or has only received one dose), consult your health care provider.
- If you currently don’t have access to a medical home or a health care provider, contact [your local public health nurse](#).
- Recommended adult and childhood immunization schedules are available on-line:
<http://dhss.alaska.gov/dph/Epi/iz/Pages/parents.aspx>
- Note that health care settings have slightly different criteria for acceptable presumptive evidence of immunity for health care workers, and these criteria are available here: <https://www.cdc.gov/vaccines/adults/rec-vac/hcw.html>
- Vaccine is available at various locations around Alaska, including clinics and retail pharmacies. Call ahead to ensure availability.

Resources

- Section of Epidemiology Mumps webpage: <http://dhss.alaska.gov/dph/Epi/id/Pages/Mumps.aspx>
- Section of Laboratories Mumps Testing information:
<http://dhss.alaska.gov/dph/Labs/Documents/LaboratoryTests.pdf> (see page 42)
- Centers for Disease Control and Prevention’s Mumps webpage: <https://www.cdc.gov/mumps/>
- Contact [your local public health nurse](#)

You are subscribed to the AK Public Health Alert Network for the Alaska Department of Health and Social Services. This information has recently been updated, and is now available.

This message is sent to you as a service of the State of Alaska DHSS, Division of Public Health, through the Section of Epidemiology, 3601 C Street, Suite 540, Anchorage, Alaska 99503, (907) 269-8000. The Section of Epidemiology maintains a 24-hour Emergency Number, 1-800-478-0084. Internet site: <http://dhss.alaska.gov/dph/Epi>.

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