



Alaska Division of Public Health

Prevention Promotion Protection

Laboratory-Confirmed Mumps in Fairbanks, July 2016

The Alaska Section of Epidemiology (SOE) is reporting two cases of laboratory-confirmed mumps diagnosed in Fairbanks in July. These cases occurred in individuals who had travelled internationally to a country with a current outbreak. Mumps is a contagious virus transmitted by respiratory droplet spread.

While potentially infectious, the ill patients spent significant time at the Fairbanks Memorial Hospital, a local clinic, and private homes. Public health is working with local providers to identify and contact individuals who may have been exposed to the infected patients at the hospital, the clinic, and the involved homes.

This is a good time for all individuals to check their immunization status. While immunization does not guarantee protection against this disease, it is highly effective in protecting individuals and preventing spread. There is no post-exposure treatment for individuals exposed to mumps to avoid developing mumps, but post-exposure immunization may be beneficial in certain situations.

Mumps basics

- Infection with mumps virus can cause symptoms such as fever, headache, muscle aches, and the hallmark swelling of salivary glands under the ears on one or both sides (parotitis)
- People are infectious from 2 days before onset of parotitis until 5 days after swelling started
- The incubation period is 12 to 25 days after exposure, but usually about 18 days

Recommendations for the general public if they have symptoms:

- Call your health care provider and make a plan for being evaluated.

Recommendations for health care providers who may be seeing suspected cases:

- Contact the Section of Epidemiology (907-269-8000 or afterhours 800-478-0084) to report suspected cases and obtain assistance in collecting and routing specimens for testing.

Recommendations for non-immune persons who were exposed:

- If people do not have vaccinations or a history of mumps disease, they need to take certain precautions at the time when they may be most likely to develop illness and spread it to others.
- People should **exclude** themselves from public settings from the 12th day after first exposure to the 25th day after last exposure. This includes child care, work, public settings (e.g., libraries, schools, churches). Non-immune visitors to the home should be discouraged.
- For example, a person exposed on July 18, would need to exclude themselves from Aug 1 to Aug 15 from public venues and from exposure to non-immune visitors.

The general public (not health care workers) are considered immune with:

- written documentation of receipt of one or more doses of a mumps-containing vaccine administered on or after the first birthday for preschool-aged children and adults not at **high risk**, and two doses of mumps-containing vaccine for school-aged children and adults at **high risk**

risk (i.e., healthcare personnel, international travelers, and students at post high school educational institutions);

- laboratory evidence of immunity;
- birth before 1957; or
- documentation of physician-diagnosed mumps.

Health care workers are considered immune with:

- Written documentation of vaccination with two doses of live mumps or MMR vaccine administered at least 28 days apart
- Laboratory evidence of immunity
- Laboratory confirmation of disease
- [some institutions also consider birth before 1957]

Notes:

1. *Health care workers should check with their individual facility for specific requirements and options for vaccinations and laboratory testing.*
2. *Healthcare personnel who had been previously vaccinated for mumps, but received only one dose of mumps vaccine may continue working following an unprotected exposure to mumps. Such personnel should receive a second dose as soon as possible, but no sooner than 28 days after the first dose. They should be educated about symptoms of mumps, including nonspecific presentations, and should notify occupational health if they develop these symptoms.*

Reference:

<http://www.cdc.gov/vaccines/pubs/surv-manual/chpt09-mumps.html>

For more information:

Alaska Section of Epidemiology Mumps webpage <http://dhss.alaska.gov/dph/Epi/id/Pages/Mumps.aspx>

Centers for Disease Control and Prevention (CDC) Mumps webpage <http://www.cdc.gov/mumps/>

Alaska Division of Public Health, Section of Epidemiology
3601 C St, Suite 540
Anchorage, AK 99503
907-269-8000

<http://dhss.alaska.gov/dph/Epi/Pages/default.aspx>