



**Office of the
Chief Medical
Health Officer**

July 8, 2016

Mumps Update

We have seen an increase in mumps activity in July on Vancouver Island. Currently we have five cases, predominately in the South Island and we expect further transmission. This follows an increase in mumps activity on the Lower Mainland in the last few months in Vancouver and Whistler.

Mumps presents with a low-grade fever, malaise, headache, myalgias, and anorexia followed by the development of bilateral or unilateral parotitis within 48 hours. Those most likely to be infected are children and adults born after 1970 who are unimmunized, or received only one dose of MMR. Because a second dose of vaccine was not added to the routine BC immunization schedule until 1996, many young adults have had only one dose of mumps vaccine, and some may not be adequately protected, even if they have received all their childhood vaccines. Although less common, mumps can also present in those who have received two doses of MMR.

If you suspect mumps, please:

1. Isolate the patient and follow droplet precautions. If a patient presents with parotid swelling and infectious symptoms please ask them to wear a mask until they are assessed and place them in a single room when possible.
2. Please call Communicable Disease Control when mumps is suspect in your patient and ask to speak to the CD nurse. After office hours and on the weekend please call 1.800.204.6166, and ask for the Medical Health Officer on call.
3. Please collect a buccal swab (using synthetic or plain Dacron swab and place in standard viral transport medium) and urine for virus detection and isolation, regardless of immunization history.
4. Blood for mumps serology (mumps IgM and IgG) can also be collected, and is helpful in unimmunized patients. In partially immunized patients, among whom the majority of cases now occur, serology does not confirm or rule out the diagnosis of mumps.

Please use clinical opportunities to offer MMR vaccine to patients who have not had two doses of MMR vaccine, particularly for those born after 1970. For all health care workers, two doses of MMR are recommended regardless of age.

Dee Hoyano MD, FRCPC
Medical Health Officer

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**After Hours On Call
1.800.204.6166**