



Health Alert September 30, 2011

Department of Health Services
Public Health Division
(510) 981-5300

MUMPS

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Health Officer

Please distribute to all providers in your practice

Current Situation

There have been four confirmed cases of mumps in Berkeley, with three additional probable cases. The cases are epidemiologically linked and it is clear that there has been transmission of disease in Berkeley. This notice is to alert you to the presence of this disease in our community, and to request your assistance in diagnosing, reporting, and controlling the disease.

- Mumps should be considered in the differential diagnosis of any illness that is clinically consistent with mumps.** The CDC Clinical Case Definition for mumps is: “An illness with acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary gland, lasting ≥ 2 days, and without other apparent cause.”
 - Suspected cases should be reported to Berkeley Public Health at the time they are seen: 510-981-5302.
 - Suspected cases should be tested for mumps. Collection of a **buccal swab** for PCR testing is necessary for laboratory confirmation of a mumps case. Please notify Berkeley Public Health when obtaining specimens: 510-981-5302. Links to guidelines for obtaining and transporting lab specimens are listed below.
 - Mumps should be considered even in fully vaccinated individuals if they have symptoms clinically consistent with mumps. The MMR vaccine is 75-95% protective against mumps. Since the 2006 resurgence of mumps in the U.S., most cases have occurred in vaccinated adolescents and young adults, although the “attack rate” among unvaccinated individuals is much higher than among those who have been vaccinated..
- Individuals who are not immune should receive the MMR (Measles, Mumps, Rubella) vaccine.** Your patients and staff should be assessed for mumps immunity, and if not immune should be offered MMR vaccine.
 - Individuals born in or before 1956 are considered immune and do not need vaccination.
 - Individuals born after 1956 who have received 2 doses of MMR vaccine at the recommended ages and intervals do not need additional vaccination.
 - The first MMR vaccine is typically given at 12 -15 months of age. The second dose can be given at any age, at least 4 weeks after the first dose.
 - Individuals born after 1956 who have not received 2 doses of MMR vaccine should be advised that they are susceptible to the disease and offered vaccination.
- Management of cases:**
 - Patients with clinical symptoms of mumps should stay home for **5 days after onset of symptoms** or until severe illness is over, whichever is longest, even while laboratory tests are pending. They should not go to school, work, public places, or engage in other social activities.

Resources and Reference Materials

- **LAB CONFIRMATION/TESTING**
 - <http://www.cdph.ca.gov/HealthInfo/discond/Documents/MumpsLabtesting.pdf>
 - http://www.cdph.ca.gov/HealthInfo/discond/Documents/D.Mumps_Lab_spec_coll.42110doc.pdf
- **REPORTING:**
 - City of Berkeley Public Health Division: <http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=13896>
- **VACCINE:**
 - CDPH: <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-mmr.pdf>
- **RESOURCES:**
 - Mumps: CDC: <http://www.cdc.gov/mumps/clinical/qa-disease.html>
 - City of Berkeley Public Health Division: <http://www.ci.berkeley.ca.us/publichealth>

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