



## Health Alert October 7, 2011

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

### MUMPS

Janet Berreman, MD, MPH  
Health Officer

**Please distribute to all providers in your practice**

#### Current Situation

There have been 7 confirmed cases of mumps in Berkeley, with approximately 25 additional suspect cases. All confirmed cases are within the UC Berkeley campus community, and all have received 2 or more doses of MMR.

In recent college/university outbreaks, mumps has occurred in persons who are fully vaccinated. There is evidence that a 3<sup>rd</sup> dose of MMR can be helpful in controlling mumps outbreaks in this setting. In consultation with the California Department of Public Health, we are recommending a 3<sup>rd</sup> dose of MMR for UC Berkeley students living in congregate settings such as dormitories. A 3<sup>rd</sup> dose of MMR vaccine is also being offered to all UC students, faculty, and staff who want to increase their protection from mumps. UC's Tang Student Health Center is coordinating MMR vaccination opportunities for the UC community.

Prior experience with outbreaks in university settings has shown minimal spread to the community. There is no recommendation for a 3<sup>rd</sup> dose of MMR for individuals not associated with the Berkeley campus community. Continued surveillance for the spread of mumps in the greater community is essential. Please be alert to possible cases of mumps in your practice, and promptly report any suspected cases.

#### Actions

- 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  $\geq 2$  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.
  - **To contact Berkeley Public Health outside of regular business hours, providers should call Berkeley Police Dispatch at 510-981-5911 and ask to speak with the Health Officer.**
  - 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 given MMR vaccine.
  - 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. Pregnancy and immune-compromise are contraindications to MMR 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.

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**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](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>
  - <http://jid.oxfordjournals.org/content/197/12/1662.full?sid=1e8b9de1-fdda-4eb3-bfbc-405337bc407e>

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