

Health Advisory: Mumps in Minnesota

Minnesota Department of Health Feb 10, 2016 13:00 CST

Action Steps:

Local and tribal health departments: Please forward to hospitals, clinics, urgent care centers and convenience clinics in your jurisdiction.

Hospitals and clinics: Please distribute to healthcare providers.

Healthcare providers:

- Consider mumps in patients presenting with acute parotitis or other salivary gland swelling for greater than two days.
- Call MDH at 651-201-5414 or toll-free at 1-877-676-5414 to provide clinical details or report via MDH's Mumps Reporting Form <http://www.health.state.mn.us/divs/idepc/dtopics/reportable/mumps.html>
- Collect PCR specimens and send to MDH's Public Health Laboratory.
- Collect serum for IgM testing and send to your usual reference laboratory.
- **Advise exclusion** if mumps is strongly suspected and there is no likely differential diagnosis.

Background:

Iowa is experiencing a large, ongoing mumps outbreak. As of Feb. 6, 2016, 433 laboratory-confirmed mumps cases were reported statewide. In Minnesota, five laboratory confirmed and five probable mumps cases have been reported in 2016. It is imperative to heighten awareness of mumps due to recently identified cases in Minnesota and the continued outbreak in neighboring Iowa.

Symptoms:

Symptoms of mumps typically include an acute onset of fever with unilateral or bilateral tender swelling of the parotid or salivary glands. Approximately 40-50 percent of mumps cases may have only nonspecific or primarily respiratory symptoms, and up to 30 percent of mumps infections are asymptomatic. Individuals with mumps are infectious from about three days prior through five days after onset of symptoms.

Exclusion

Advise exclusion from childcare, school and work if mumps is strongly suspected and there is no likely differential diagnosis. The patient should be advised exclusion through five days following onset of swelling, regardless of negative PCR or IgM test results. For more details, see:

- CDC's Questions and Answers about Lab Testing for Mumps (<http://www.cdc.gov/mumps/lab/qa-lab-test-infect.html>)

Vaccination:

When exposed to mumps, fully vaccinated people are about nine times less likely to get mumps than unvaccinated people. However, some people who receive two doses of MMR can still get mumps, especially if they have prolonged, close contact with someone who has the disease. If a vaccinated person does get mumps, they will likely have less severe illness than an unvaccinated person.

Prevention

To minimize the spread of the mumps virus the following are recommended: use good respiratory hygiene (e.g. "Cover Your Cough"), wash hands frequently, and do not share eating utensils or beverage containers.

For more information, call MDH at 651-201-5414 or 1-877-676-5414 or visit these websites:

- Lab Testing for Mumps at the MDH Public Health Laboratory (PDF)
(<http://www.health.state.mn.us/divs/idepc/diseases/mumps/hcp/labtesting.pdf>)
- MDH Mumps
(<http://www.health.state.mn.ushttp://www.health.state.mn.us/divs/idepc/diseases/mumps/index.html>)

A copy of this HAN is available in PDF and Word format at www.health.state.mn.us/han/.

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