



## Health, Seniors and Active Living

Public Health and Primary Health Care  
Communicable Disease Control  
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### Re: Mumps Reporting and Case Investigation

Provincial Public Health officials have confirmed that nine cases of mumps have been reported in Manitoba since September 1st. The majority of affected individuals are students at the University of Manitoba and reside in Winnipeg. Manitoba typically experiences four to five cases of mumps every year.

#### Clinical Information

- Health care providers (HCPs) are to look out for key symptoms that include swelling and pain in one or more salivary glands, usually on both sides of the face, and fever.
- Average incubation period is 16-18 days with a range of 12-25 days.
- The period of communicability is considered to be from seven days before to 14 days after onset of parotitis. Maximum infectiousness occurs 2 days before symptoms until 5 days after. Person with no symptoms can transmit infection.
- Symptoms usually resolve three to ten days after onset of illness.

#### Reporting and Testing for Mumps:

- Suspected clinical cases of mumps should be tested by buccal swab AND urine specimen for viral culture/Mumps RT-PCR in addition to serology (Mumps IgM and IgG; Red-top tubes). Please provide clinical signs and symptoms and their date of onset on the CPL General requisition.
  - The swab should be taken from the area by the parotid duct and placed in viral transport medium. Viral swabs from the parotid duct are best collected within 5 days of disease onset; results of PCR are usually available within 2-5 days. Culture can take 10 days.
  - Send 5-10 cc of acute and convalescent serum specimens (approx 10 days apart) for mumps antibodies, specifically requesting both IgM and IgG testing.
- Probable (clinical) cases of mumps must be reported to the Public Health Surveillance Unit by telephone (204-788-6736) during regular hours (8:30 a.m. to 4:30 p.m.) AND by secure fax (204-948-3044) on the **same day** that they are identified. After hours telephone reporting is to the Medical Officer of Health on call at (204-788-8666).
- Complete the *Clinical Notification of Reportable Diseases and Conditions* form (<http://www.gov.mb.ca/health/publichealth/cdc/protocol/form13.pdf>).
- Manitoba's Communicable Disease Protocol outlines the appropriate sampling methods for laboratory diagnosis as well as the recommended public health management of cases and contacts (<http://www.gov.mb.ca/health/publichealth/cdc/protocol/mumps.pdf>)
- HCPs are encouraged to review immunization histories and update vaccinations as required.

- Cooperation in the Public Health investigation is appreciated

#### **Infection Prevention and Control:**

- If mumps is suspected in an individual who presents to a healthcare facility such as a laboratory, emergency department or other clinic, provide the patient with a mask and isolate immediately. If this is not possible, place the patient in an area of the waiting room separated from other patients by at least 2 metres and minimize time spent in the waiting room.
- Suspect patients in the Emergency Room should be placed on Droplet Precautions according to Manitoba Health, Seniors and Active Living *Routine Practices and Additional Precautions: Preventing the Transmission of Infection in Health Care* located at: <http://www.gov.mb.ca/health/publichealth/cdc/docs/ipc/rpap.pdf>
- Hand hygiene is always important in the care of the patient especially before and after each patient contact;
- Staff who are immune to mumps do not need to wear a mask or other facial protection. If they are not immune or their immune status is not known, should wear a mask and if needed, other facial protection. Unprotected exposures may result in health care workers being furloughed and thus can be disruptive to service provision;
- People with mumps should avoid close contact with others for **five (5)** days after the onset of parotid swelling, particularly those who have not had mumps or the mumps vaccine, or those who may have a weak immune system such as people receiving cancer treatment.

#### **MMR Vaccine Eligibility** (<http://www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html>)

- Those born between 1970 and 1984 who have not received a vaccine containing measles or mumps or have not had natural measles or mumps infection are eligible for one dose of MMR vaccine.
- Those born during or after 1985 are eligible for 2 doses of MMR vaccine.
- All children  $\geq$  12 months of age are eligible to receive 2 doses.
- Non-immune health care workers, regardless of age, are eligible for 2 doses of MMR vaccine.
- Non-immune students born before 1970 are eligible for 1 dose; students born in 1970 or later are eligible for 2 doses of MMR vaccine.

For more information on mumps, please visit:

- The MMR Vaccine fact sheet:  
<http://www.gov.mb.ca/health/publichealth/factsheets/mmr.pdf>

Please share this communication with all colleagues in your department, facility or clinic. For questions, please contact a local public health office or Manitoba Health, Seniors and Active Living at 204-788-6737.

Sincerely,

*“Original Signed By”*

Richard Rusk, DVM, MD, CCFP, MPH  
Medical Officer of Health, CDC