

## **Health Alert**

### **Mumps Outbreak at a University in Philadelphia**

March 1, 2019

The Philadelphia Department of Health (PDPH) is working closely with Temple University Student Health Services to investigate a mumps outbreak among students. Area health care providers should consider mumps for patients presenting with parotitis particularly those associated with the university.

#### **Recognition, Testing, and Management**

Mumps is a viral illness spread by respiratory secretions. Symptoms develop 12 to 25 days after exposure and the clinical presentation is characterized by acute onset of unilateral or bilateral tender, swelling of the parotid or other salivary glands lasting two or more days without other apparent cause. Other less common, but more serious manifestations of mumps include viral meningitis, orchitis, oophoritis, pancreatitis, and sensorineural hearing loss.

Providers who are evaluating suspected mumps cases should:

- Place patients with suspected mumps on droplet precautions, which includes the use of surgical masks for healthcare workers with close patient contact.
- Collect all of the following specimens from the patient:
  - Buccal swab and urine for mumps polymerase chain reaction (PCR) testing. Please contact PDPH at (215) 685-6742 to arrange for testing coordination with the state public health laboratory.
  - Serum for mumps IgM and IgG testing. Mumps serological tests are widely available at commercial laboratories.
  - Nasopharyngeal swab for influenza or respiratory PCR panel testing to evaluate for other potential causes of parotitis. Influenza and other respiratory virus activity is high at this time of year.
- Advise patients who have suspected or confirmed mumps infections to self-isolate, avoid travel, and limit close contact with others for 5 days following onset of parotitis.
- Notify PDPH of any patient with suspected or confirmed mumps infection. To report, call (215) 685-6742 during business hours or (215) 686-4514 (after hours, ask for Division of Disease Control on-call staff).

#### **Vaccination**

Measles, Mumps and Rubella (MMR) vaccine is the best way to prevent mumps infection. A routine 2-dose MMR series is a part of the childhood immunization schedule (Dose 1: 12 months, Dose 2: 4–6 years). During outbreaks, all persons who are unvaccinated or only have received one dose should receive MMR vaccine. A third MMR dose should be given to persons at risk of exposure who have previously received the 2-dose series.

#### **Resources**

- CDC Mumps Information for Healthcare Providers: <https://www.cdc.gov/mumps/hcp.html>
- CDC Recommendation of the Advisory Committee on Immunization Practices for Use of a Third Dose of Mumps Virus–Containing Vaccine in Persons at Increased Risk for Mumps During an Outbreak: <https://www.cdc.gov/mmwr/volumes/67/wr/mm6701a7.htm>

#### **SUMMARY POINTS**

- Temple University is currently experiencing a mumps outbreak among students.
- Area healthcare providers should consider mumps in patients presenting with parotitis.
- Providers evaluating suspected cases should:
  - Use droplet precautions.
  - Collect a buccal swab, urine, and serum for mumps testing.
  - Advise patients to self-isolate for 5 days.
  - Notify PDPH [business hours: (215) 685-6742, after hours: (215) 686-4514].