

**JONATHAN E. FIELDING, M.D., M.P.H.**  
Director and Health Officer

**ROBERT KIM-FARLEY, M.D., M.P.H.**  
Director, Communicable Disease Control and Prevention

## **Immunization Program**

**MICHELLE T. PARRA, Ph.D., Director**  
**A. NELSON EL AMIN, M.D., M.P.H., Medical Director**

3530 Wilshire Boulevard, Suite 700  
Los Angeles, California 90010  
TEL (213) 351-7800 • FAX (213) 351-2780

[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

## **BOARD OF SUPERVISORS**

**Gloria Molina**  
First District

**Mark Ridley-Thomas**  
Second District

**Zev Yaroslavsky**  
Third District

**Don Knabe**  
Fourth District

**Michael D. Antonovich**  
Fifth District

January 25, 2010

## **MUMPS ALERT**

### **LOS ANGELES COUNTY PUBLIC HEALTH URGES HEIGHTENED SURVEILLANCE FOR MUMPS**

The largest mumps outbreak in U.S. history since 2006 is currently ongoing in New York and New Jersey, with additional linked cases in Canada.<sup>1</sup> The outbreak began in June 2009 with a case of mumps in a boy who had recently traveled to the United Kingdom, where there is also a large mumps outbreak, and who became symptomatic while attending a religiously-affiliated summer camp in New York. Multiple campers and staff members became sick and the outbreak spread to other sites when the campers returned home. Although the outbreak has primarily affected members of the Jewish community, mumps can spread rapidly in congregate settings (e.g., camps, schools, colleges, other large gatherings). Thus, **we are encouraging health care facilities/providers to be on the alert for any individuals who present with mumps-like symptoms as well as to ensure that all employees who work within their facilities are immune to mumps along with all other vaccine-preventable diseases.**

Mumps is an acute viral illness that is transmitted by respiratory droplets. The incubation period ranges from 12-25 days. Persons with mumps are considered most infectious from 2 days before to 5 days after onset of symptoms. The classic symptom of mumps is parotitis, either unilateral or bilateral. Other salivary glands can also be affected. Nonspecific symptoms such as myalgia, anorexia, malaise, headache, and low-grade fever may precede parotitis by several days. Symptoms tend to decrease after 1 week and usually resolve after 10 days. As many as 20% of cases are subclinical. Complications include inflammation of the testicles or ovaries, meningitis, encephalitis, pancreatitis, and deafness.

**When assessing a patient for possible mumps, staff should follow standard respiratory droplet precautions and the patient should be isolated for 5 days after onset of parotitis. Since parotitis can be caused by agents other than the mumps virus, it is important to make a laboratory diagnosis of mumps.** Acute mumps can be confirmed by the presence of serum mumps IgM, a significant rise in IgG antibody, or isolation of mumps from buccal specimens. Sera should be collected as soon as possible after symptom onset for IgM testing and acute IgG testing. Suspected cases who have previously received one or more doses of MMR vaccine may have an IgM response that is missing, delayed, or transient. Thus, it is important to collect sera 2 weeks later for convalescent IgG testing. The acute IgG and convalescent IgG can then be compared to determine if there is a 4-fold rise in mumps antibody level. If technical assistance is needed, please consult the Los Angeles County Immunization Program Surveillance Unit (213-351-7800).

Prompt reporting of suspect mumps cases is critical to prevent secondary cases of mumps. Do not wait for laboratory confirmation before reporting a suspected case of mumps. Report suspect cases in Los Angeles County to the Morbidity Central Reporting Unit at 888-397-3993 (phone) or 888-397-3778 (fax). For cases among residents of the Cities of Long Beach or Pasadena, call the Long Beach City Health Department (562-570-4302) or the Pasadena City Health Department (626-744-6000).

#### References:

<sup>1</sup> CDC. Mumps Outbreak --- New York, New Jersey, Quebec, 2009. *MWWR* 2009;58 (Dispatch):1-4.