

Dear Colleague,

Since June, 2019, we have observed a small increase in locally acquired cases of mumps within the zone. There have been 6 confirmed cases identified with no common linkages between any of the cases. However, two of the cases reported attendance at two separate events where behaviours that increase the risk of acquiring mumps occurred via exposure to the saliva of others. Such behaviours can include: sharing drinks, sharing cigarettes and direct physical contact with others. At this point, no mumps outbreak has been declared in the Zone.

Please maintain a high level of suspicion for possible cases of mumps in the weeks ahead. Mumps is characterized by an acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary gland, lasting greater than two days in the absence of other apparent causes. Nonspecific prodromal symptoms precede parotitis by a few days, and can include: low grade fever, myalgia, anorexia, malaise and headache.

Mumps is transmitted through direct contact with respiratory secretions, saliva or respiratory droplets from an infected individual. Mumps is also able to be transmitted indirectly through contaminated fomites. Mumps vaccine efficacy is demonstrated to be 62-91% with one dose of vaccine and 76-95% with two doses of vaccine, but a minority of immunized individuals remain susceptible. Vigilant case investigation, reporting, and immunization of susceptible individuals can reduce this risk. Please encourage your patients to ensure they are up to date with their immunizations. All individuals born after 1970 are eligible for two doses of MMR. There are specific recommendations for Healthcare Workers of any age as well as post-secondary students of any age. Refer to AHS Immunization Program Standards Manual for eligibility criteria: <https://www.albertahealthservices.ca/assets/info/hp/cdc/if-hp-cdc-mmr-vac-bio-pg-07-270.pdf>

The Medical Officer of Health recommends the following actions:

1. Assess symptomatic individuals for mumps illness and consider the following laboratory testing* to confirm mumps:
 - Buccal swab in viral transport medium for mumps NAT;
 - Serum for mumps IgM and IgG;
 - If orchitis, oophoritis or meningitis present, urine for mumps NAT.

*See Public Health Laboratories' Guide to Services for sample collection information:
www.provlab.ab.ca/guide-to-services.pdf
2. Report confirmed and probable cases to the Edmonton Zone Medical Officer of Health at 780-433-3940.
3. Symptomatic individuals should be excluded from work or school for 5 days from the onset of salivary gland swelling or until lab testing is negative, whichever comes first.

For further guidance on mumps management, please consult the Alberta Health Public Health Notifiable Disease Management Guidelines: Mumps at: <https://www.alberta.ca/notifiable-disease-guidelines.aspx>

If you have further questions, please contact Edmonton Zone Medical Officer of Health at 780-433-3940

Thank you for your assistance with this important public health issue.

Sincerely,

Christopher Sikora, MD MSc MPH CCFP FRCPC
Lead Medical Officer of Health – Edmonton Zone
Alberta Health Services