

Mumps



Clinical Description:

Mumps is a highly contagious viral illness. The main manifestation of mumps infection is painful inflammation of the parotid or other salivary glands that lie just above the back angle of the jaw, and below the ear. Involvement can be unilateral or bilateral. Infected people often have fever, headache, and mild respiratory symptoms. Some post-pubertal males may have testicular pain. Symptoms usually resolve after 7-10 days. Approximately one-third of infected, unvaccinated people don't show clinical signs of salivary gland swelling, and illness may manifest primarily as a respiratory tract infection.

Incubation Period:

The incubation period ranges from 12 - 25 days, averaging 18 days.

Mode of Transmission:

Transmission is by droplet spread and by direct contact with saliva from an infected person. Droplet contact and close person-to-person contact are the modes of transmission.

Period of Communicability:

A person can spread mumps seven days prior to the onset of parotitis through nine days after the onset of symptoms; however, a person is most contagious two days prior to the onset of parotitis to five days after the onset.

Exclusion/Reporting:

Whenever mumps is strongly suspected or proven, the local health department should be notified promptly. According to the Indiana Communicable Disease Reporting Rule, infected persons are excluded from school and contact with persons outside the household for nine days after onset of swelling. However, that recommendation is outdated and will be updated in the next revision of the Communicable Disease Rule (2015). The current CDC-recommended exclusion period is exclusion from school and contact with persons outside the household for five days after onset of swelling. Exposed unvaccinated individuals are excluded from school or the workplace from the 12th - 25th day after exposure to prevent spread to other individuals. For information on laws and rules regarding mumps, see the ISDH Communicable Disease Reporting Rule (410 IAC 1-2.3-86) at [http://www.in.gov/isdh/files/comm_dis_rule\(1\).pdf](http://www.in.gov/isdh/files/comm_dis_rule(1).pdf).

Prevention/Care:

- Vaccinate with mumps vaccine at 12 - 15 months of age and again at 4 - 6 years of age. School immunization requirements can be found [at http://bit.ly/1rFzDxD](http://bit.ly/1rFzDxD).
- Call caregiver of suspected case to ensure child has been evaluated by a health care provider.
- Check immunization records for all students and staff to assure they have received two doses of a mumps containing vaccine. To prevent transmission, identify non immune students (medical or religious exemptions) for possible exclusion.
- Mumps during the first trimester of pregnancy may be associated with an increased rate of spontaneous abortion. Exposed pregnant women should be tested for mumps immunity, if unknown, and should contact their healthcare provider.

Outbreaks:

According to the ISDH Communicable Disease Reporting Rule (410 IAC 1-2.3), an outbreak is defined as the number of cases of disease occurring in a community, region, or particular population that exceeds what is normally expected. If an outbreak is suspected, contact your local health department. For mumps, one case constitutes an outbreak. Any case or suspected case must be promptly reported to the local health department and/or the ISDH. To assist with control of mumps outbreaks in schools, students with zero doses of MMR vaccine and with no other evidence of mumps immunity should be excluded from schools that are affected by a mumps outbreak, or other schools that are unaffected but deemed by local public health authorities to be at risk for transmission of disease. Excluded students can be readmitted immediately after they are vaccinated. Students who have a history of one dose of MMR vaccination should receive their second vaccine dose and be allowed to remain in school. Students who have been exempted from mumps vaccination for medical, religious, or other reasons should be excluded until the 26th day after the onset of parotitis in the last person with mumps in the affected school. For additional information and recommendations regarding the preparation for, and the management of an outbreak situation in a school setting, see Appendix A, "Managing an Infectious Disease Outbreak In a School Setting."

Other Resources:

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/vaccines/pubs/pinkbook/mumps.html>

<http://www.cdc.gov/vaccines/vpd-vac/mumps/default.htm>

Indiana State Department of Health Quick Facts Page (found on disease/condition page):

<http://bit.ly/12IJLfD>