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MUMPS ALERT FOR LOCAL COLLEGE CAMPUSES

The Los Angeles County Department of Public Health has been notified of a mumps outbreak occurring at the University of California Berkeley Campus, primarily involving students living in dormitory-like settings. Although an outbreak of mumps has **not been identified at any of the university/college campuses located within Los Angeles County at this time**, it is important that local student health services, as well as, local providers serving college-aged individuals be vigilant for mumps in order that they can take appropriate action.

We ask health care providers to report any suspicion of mumps cases immediately to the Los Angeles County 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. Do NOT wait for laboratory confirmation before reporting a suspected case of mumps. Prompt reporting is critical to preventing further transmission of the disease.

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, but such cases remain contagious. 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 remain isolated at home 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 detection of mumps virus from buccal specimens by PCR, culture or other methods. 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. Lab testing guidelines can also be found at the following website: <http://www.cdph.ca.gov/HealthInfo/discond/Documents/20111014CDPHMumpsLabTesting.pdf>

All persons, especially those attending colleges and universities within Los Angeles County, should ensure that they are immune to mumps. Healthcare providers should check that all such persons have been appropriately vaccinated with 2 doses of the MMR vaccine.