

# STATE OF CONNECTICUT

## DEPARTMENT OF PUBLIC HEALTH

Raul Pino, M.D., M.P.H.  
Commissioner



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**To:** Primary Care Staff, Infectious Disease, Emergency Medicine, Internal Medicine, Pediatrics, Family Medicine, Laboratory Medicine, and Infection Control Personnel

**From:** Kathy Kudish, DVM, MSPH *Kathy Kudish* Immunizations Program Manager  
Kristen Soto, MPH *Kristen Soto* Immunizations Surveillance Coordinator

**Date:** March 31, 2016

**Subject:** Mumps Disease Advisory

### Summary:

- Nationally mumps has been reported at several colleges and universities, including schools in Massachusetts, Maine, New Hampshire, and New York.
- One confirmed case of mumps and 3 probable cases have been reported to the Connecticut Department of Public Health (CTDPH).
- Mumps activity in Connecticut has been limited to date, with all reported cases occurring at a single university.
- Recent travel over spring break holidays may increase opportunities for mumps transmission.

### Recommendations for Providers:

- Consider a diagnosis of mumps in patients with consistent clinical symptoms, even if they are fully vaccinated.
- Obtain appropriate specimens for diagnostic testing.
- Isolate suspect and confirmed cases for 5 days after onset of parotitis.
- Use droplet and standard precautions to limit transmission in the medical setting.
- Ensure all healthcare staff are immune to mumps in accordance with ACIP recommendations: <http://www.cdc.gov/mumps/vaccination.html>.
- Vaccinate those without evidence of immunity to mumps, including students, teachers, and staff and reach out to those with medical and religious exemptions to determine if vaccination is now an option.
- Report all suspected cases to CTDPH Immunization Program at (860)509-7929.

**Illness Description:** Mumps is an illness characterized by acute onset of unilateral or bilateral swelling of the parotid or other salivary gland, lasting 2 or more days, and without other apparent cause. Mumps is typically a mild illness, but may have severe complications including: orchitis, oophoritis, meningitis, encephalitis, or hearing loss. The infectious period for mumps is from 2 days before symptom onset



Phone: (860) 509-8000 • Fax: (860) 509-7184  
410 Capitol Avenue, P.O. Box 340308  
Hartford, Connecticut 06134-0308  
[www.ct.gov/dph](http://www.ct.gov/dph)

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until 5 days after symptoms appear; individuals suspected of having mumps should be isolated until 5 days after onset of parotitis. The incubation period from exposure to onset ranges from 12-25 days.

**Diagnostic Testing:** The buccal swab is the preferred specimen when patients have recent onset of illness. The parotid gland (the area between the teeth and the cheek just below the ear) should be massaged for 30 seconds prior to obtaining the specimen. PCR testing for mumps is available from Quest Diagnostics; other clinical laboratories may also offer testing. Serological testing is also available to detect IgM antibodies. All requests for mumps testing from the CTDPH Laboratory must be reported and approved by the Immunization Program.

**Vaccination:** Effectiveness of mumps vaccine is estimated to be between 76% and 95% at preventing clinical mumps disease. Because immunity may wane over time, persons who are fully vaccinated may still develop mumps illness. As an example, at 90% effectiveness, 10 of every 100 people vaccinated would still be susceptible to infection. The benefits of MMR vaccination should be discussed with patients without evidence of immunity.

**Healthcare Recommendations:** In the healthcare settings, suspect mumps cases should be given a mask to wear; healthcare providers should institute standard and droplet precautions. Exposed healthcare workers who do not have evidence of immunity at the time of exposure should stay home from days 12 through 25 after exposure. A physician documented history of mumps or documentation of receipt of two mumps containing vaccines are considered evidence of mumps immunity. All healthcare workers born on or after 1957 with no physician documented history of prior infection are recommended to receive 2 doses of mumps containing vaccine. Healthcare workers born before 1957 who do not have a history of physician diagnosed mumps should consider receiving 1 dose of mumps containing vaccine and, in an outbreak setting, a second dose of mumps containing vaccine.

Additional information for clinicians is available from the CDC at <http://www.cdc.gov/mumps/hcp.html>.

For questions about mumps or to report a suspected case, please call the CTDPH Immunizations Program at (860)509-7929.