MAINE PUBLIC HEALTH ALERT NETWORK SYSTEM

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention (Maine CDC)
(Formerly Bureau of Health)
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*****ADVISORY – Important Information*****

2010PHADV007

TO: **All Academic Roles, All CDC Roles, All City and County Health Departments, All Healthcare Roles, MEMA Duty Officers, Maine Medical Association, Northern New England Poison Control Center, State and Federal Agencies, All Required Roles**

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SUBJECT: **Increase in Mumps in the Northeast – March 2010**

DATE: Wednesday, March 31, 2010

TIME: 1:00PM

PAGES: 2

PRIORITY: **High**

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Increase in Mumps in the Northeast – March 2010

The Maine Center for Disease Control and Prevention (Maine CDC) has been informed of a multi-state mumps outbreak in the Northeast. As of January 29, 2010, a total of 1,521 cases had been reported, with onset dates from June 28, 2009, through January 29, 2010. The outbreak began in New York and has spread to surrounding northeast states and Canada. The Hasidic (Jewish) population was first affected but the outbreak has expanded to the general population. Maine has no confirmed cases mumps related to this outbreak. Holiday and school vacations that occur during March and April may offer opportunities for travel and potential exposure to the mumps virus.

The purpose of this advisory is to provide information on:

- Laboratory testing services for mumps diagnostics
- Mumps reporting requirements to Maine CDC at **1-800-821-5821**

Background: Mumps is an acute viral infection of the salivary glands. Symptoms include fever, headache, muscle ache and swelling and tenderness of the salivary glands at the angle of the jaw (parotid glands). Transmission occurs through direct contact with respiratory droplets from the nose or throat of an acutely infected individual such as through coughing and sneezing. The incubation period after exposure is 16-18 days.

Diagnosis: The diagnosis of mumps in persons with suggestive clinical presentation can be confirmed through polymerase chain reaction (PCR) and antibody testing. Mumps testing is available at the State Health and Environmental Testing Laboratory (HETL). Positive mumps specimens must be forwarded to HETL.

- PCR: Preferred specimen is a buccal swab in conjunction with oropharyngeal (throat) and nasopharyngeal (NP) swabs. Both a throat swab and NP swabs should be collected for PCR.
- Antibody: IgM testing is available only for suspect cases reported to Maine CDC. Collect serum specimens within the first 5 days of symptoms. Paired IgG serology requires a minimum of 7 days between acute and convalescent specimen collection dates.

Lab requisition form: http://mainegovimages.informe.org/dhhs/etl/micro/clinical_requisition.pdf
Mumps Laboratory Submission Information: http://www.maine.gov/dhhs/etl/micro/mumps_facts.doc

Patients with mumps are infectious for **five days** after the onset of illness and should be excluded from social events, school or employment activities for that period of time.

Vaccine: Healthcare providers are encouraged to ensure that patients are up to date with measles-mumps-rubella (MMR) vaccine. Offering a second dose of MMR vaccine to adults who have received one dose may be considered. See Vaccine Information Statement (VIS) for contraindications and other information on MMR: www.cdc.gov/vaccines/pubs/vis/downloads/vis-mmr.pdf

Recommendations: Early detection and control of individual mumps cases could result in preventing an outbreak. Please report suspect cases of mumps to the 24-hour disease reporting line at Maine CDC at 1-800-821-5821.

Additional information:

- For more information on MMR vaccine: www.cdc.gov/vaccine/vpd-vac/mumps
- More information about mumps: www.cdc.gov/mumps