



## Department of Public Health

### PHYSICIAN HEALTH ADVISORY

#### Confirmed Mumps Cases in El Paso

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**City Manager**  
Tommy Gonzalez

**DATE:** August 8, 2017

**REASON FOR THIS ALERT:**

Two cases of mumps have been confirmed in young-adults in the past two months in El Paso. Neither of these two cases were linked to exposures from out-of-city travel or to visitors from areas experiencing mumps outbreaks. Both cases presented with parotitis and had a history of being immunized with two doses of MMR vaccine. The last confirmed case of mumps reported in El Paso was in year 2009.

**Healthcare providers should remain aware that additional cases of mumps may continue to be seen locally, and should consider mumps in the differential diagnosis of patients presenting with acute swelling of parotid or salivary glands.**

This advisory is posted on the City of El Paso Department of Public Health (CEPDPH) website found at [www.ephealth.com](http://www.ephealth.com)

**EVENT SPECIFIC BACKGROUND:**

Mumps is a contagious viral infection characterized by the acute onset of unilateral or bilateral tender swelling of parotid or other salivary glands, often preceded by a nonspecific prodrome, which may include low-grade fever, muscle aches, loss of appetite, malaise, and headache. An estimated 20% of mumps infections may be asymptomatic or manifest primarily as a respiratory infection. Complications are rare but include orchitis, oophoritis, deafness, pancreatitis, meningitis, and encephalitis.

Mumps is spread by direct contact with infectious respiratory tract secretions or saliva. The incubation period is 16-18 days (range of 12-25 days) from exposure to onset of parotitis. Persons are contagious from 3 days before to 5 days after onset of parotitis. Mumps can occur even in vaccinated persons, since the effectiveness of the mumps vaccine is approximately 78% after one dose and 88% after two doses.

**ACTIONS REQUESTED OF ALL CLINICIANS:**

- ❏ **Differential Diagnosis:** Consider mumps in persons with acute parotitis or other salivary gland swelling, regardless of vaccination history.
- ❏ **Diagnostic Testing:** To confirm mumps send a buccal swab specimen (obtained after massaging parotid glands for 30 seconds) for mumps polymerase chain reaction (PCR) testing to your usual reference laboratory.
- ❏ **Infection Control Measures:**
  - **Exclude** the suspected mumps patient from work, school, or child care for 5 days after onset of parotitis.
  - **Verify** that all staff members likely to encounter these patients have documented immunity.
  - **Instruct** reception/triage staff to identify patients who present with symptoms of possible mumps.
    - ❖ Such patients should wear a mask covering the nose and mouth.
    - ❖ Remove patient from waiting area and place in a single room promptly.
    - ❖ Use droplet and standard precautions.
    - ❖ Only staff with documented immunity to mumps should be allowed to enter patient's room.
  - **Ensure** patients are up-to-date on their vaccinations.
- ❏ **Report:** Any suspected cases of mumps should be reported to CEPDPH Epidemiology Program, while the patient is present in the clinical setting, to facilitate testing and follow-up of potential exposures. Providers should call our 24/7 disease reporting line: (915) 212-6520.

**Categories of urgency levels**

**Health Alert:** conveys the highest level of importance; warrants immediate action or attention

**Health Advisory:** provides important information for a specific incident or situation; may not require immediate action

**Health Update:** provides updated information regarding an incident or situation; unlikely to require immediate action

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