



To: CAHAN San Diego Participants
Date: February 26, 2020
From: Epidemiology and Immunization Services Branch, Public Health Services

Health Advisory Update #3: Mumps in San Diego County

This health advisory updates CAHAN participants about mumps cases reported in San Diego County, including an outbreak of six cases among San Diego State University (SDSU) students.

Key Messages

- Mumps is circulating in San Diego County. To date, in 2020, 10 mumps cases have been reported, including six cases among SDSU students who live in an off-campus apartment complex. In 2019, a total of 66 mumps cases were reported in the county.
- A substantial number of infectious parotitis/mumps cases continue to occur in Baja California, with 900 cases reported in 2019 and 138 cases reported, to date, in 2020.
- Mumps should be considered when individuals present with parotitis, other salivary gland swelling, acute orchitis or oophoritis, aseptic meningitis, encephalitis, sudden hearing loss, and pancreatitis, even when patients have been fully vaccinated.
- Providers are requested to promptly report any suspected mumps case to the County Immunization Program by calling 866-358-2966 (after hours call 858-565-5255).
- Anyone ≥ 6 months of age planning to go abroad should have [age appropriate immunization](#) with measles, mumps, and rubella (MMR) or evidence of immunity before travel.

Situation

To date in 2020, 10 mumps cases have been reported in San Diego, including six mumps cases (four confirmed and two probable) noted in the past week among SDSU students who live in a large, off-campus apartment complex.

In 2019, a total of 66 San Diego County residents were reported with confirmed or probable [mumps](#), the [greatest number](#) in over 25 years. Cases ranged in age from 9 months to 79 years (median 28 years) and 40 (61%) were male. Six cases (9%) were hospitalized and there were no deaths. Reported complications included: six cases of orchitis (15% of males), three cases of hearing loss (4%), one case of mastitis (4% of females), and one case of oophoritis (4% of females).

The Centers for Disease Control and Prevention (CDC) [reported](#) 3,474 mumps cases in the United States in 2019, and 141 cases to date in 2020. The Mexican Ministry of Health [reported](#) 8,085 cases of infectious parotitis/mumps in Mexico in 2019. This included 900 cases in Baja California, the largest

number there since 2001. To date in 2020, 138 infectious parotitis/mumps cases have been [reported](#) in Baja California.

Recommendations for Providers

- **Vaccinate patients with MMR according to Advisory Committee on Immunization Practices (ACIP) recommended schedules [for children](#) and [adults](#).**
 - As an [outbreak control measure](#), a third MMR for those who have completed the two-dose series is recommended for any individual who lives or works in the [BLVD63 apartment complex](#) and for any SDSU student who requests vaccination.
 - Inform persons planning to go abroad about the need to have immunity to measles, mumps and rubella prior to travel. For most individuals, this means a completed two-dose MMR series.
 - See [ACIP recommendations](#) and the CDC Travelers' Health [website](#).
- **Consider the diagnosis of mumps in patients with acute parotitis or other salivary gland swelling, regardless of vaccination status.**
 - Vaccination, travel, and sexual histories should be obtained.
 - Immunity from the mumps portion of the MMR vaccine decreases over time.
 - Suspicion for mumps should increase in international travelers (especially travel to Baja California), recently incarcerated persons, recently arrived migrants, post-secondary school students, and men who have sex with men (MSM).
- **Obtain an oral swab for PCR testing to evaluate for mumps in patients with acute salivary gland swelling.**
 - Testing is particularly important when ill individuals are in a school, congregate living facility, or work site, or when they participate in large social gatherings.
 - Care should be used to [collect the specimen properly](#).
 - A useful video on specimen collection is located [here](#).
 - The oral specimen should be taken in the buccal area at [Stensen's duct](#) in patients with acute parotitis, and under the tongue at [Wharton's \(submandibular\) duct](#) in patients with other salivary gland swelling.
 - PCR tests are performed at most commercial laboratories; however, testing is also available at no cost at the San Diego County Public Health Laboratory (SDCPHL) after approval by the [County Immunization Program](#).
 - Questions about proper specimen collection, storage, and transportation may be directed to [SDCPHL](#) by calling 619-692-8500 (press 1 at the prompt) or via [email](#).
 - Mumps IgM testing may be useful in selected circumstances as noted [here](#).
- **Consider mumps in the differential diagnosis in patients with symptoms of mumps without acute salivary gland swelling, regardless of vaccination status.**
 - Presentations include symptoms of acute orchitis or oophoritis, [aseptic meningitis](#), encephalitis, [sudden hearing loss](#), and pancreatitis.
 - Suspicion for mumps should increase in international travelers, recently incarcerated persons, recently arrived migrants, post-secondary-school students, and MSM.
 - Serology, buccal swab PCR, and urine PCR testing are recommended in cases not apparently involving salivary glands as noted [here](#).

- **Test for HIV in sexually active patients with parotitis** who are not aware of their status. HIV infection is associated with [various parotid disorders](#).
- **Test for influenza in patients with acute parotitis and respiratory symptoms.**
 - Influenza A, especially H3N2, has been [associated with acute parotitis](#).
 - The best way to test for influenza is a [nasopharyngeal swab](#).
 - An oral swab should not be used for influenza testing.
- **Use droplet and standard precautions when caring for suspected or confirmed mumps cases.**
 - Verify that healthcare workers likely to encounter these patients have had two doses of MMR vaccine or have serologic documentation of mumps immunity.
- **Isolate suspected and confirmed mumps cases.**
 - Instruct patients not to return to school, work, or other public places until five days after the onset of parotitis.
 - Patients who are in congregate living facilities (jails, shelters, etc.) should be housed separately from others until no longer contagious.
 - Healthcare workers with unprotected exposure who do not have presumptive evidence of immunity will need to be excluded from work from the 12th day after the first exposure through the 25th day after the last exposure.
- **Report suspected mumps cases before obtaining confirmatory lab results.**
 - Contact the County Immunization Program at 866-358-2966 (press 5 at the prompt) during business hours Monday through Friday or via the answering service at 858-565-5255 after hours on evenings, weekends and County-observed holidays (ask for the Epidemiology Duty Officer).
- **Consider routine hearing testing in follow up of individuals diagnosed with mumps.**
 - Unilateral hearing loss may be undetected and pass unrecognized without formal testing, especially in [young children](#).

Resources

- The following educational materials are available:
 - CDC [mumps website](#),
 - CDC Pink Book [mumps chapter](#),
 - California Department of Public Health (CDPH) [mumps website, and](#)
 - CDPH [mumps case investigation quicksheet](#).
- A free, accredited continuing medical education course on recognizing and managing mumps in adults is available from the Los Angeles County Department of Public Health [here](#).
- A job aid to assist in laboratory testing for mumps may be found [here](#).

Thank you for your participation.

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