



STATE OF HAWAII  
DEPARTMENT OF HEALTH  
P. O. BOX 3378  
HONOLULU, HI 96801-3378

In reply, please refer to:  
File:

December 14, 2016

MEDICAL ADVISORY: POTENTIAL FOR MUMPS INTRODUCTION

Dear Healthcare Provider:

Over the past year, we have identified unrelated intermittent cases of imported mumps infection and are currently investigating a likely locally acquired case. Additionally, several mumps outbreaks continue on the mainland (e.g., [AR](#), [OK](#), [IA](#), [TX](#), [WA](#)) with the largest occurring in Arkansas (2,104 investigated cases thus far). Given the holiday season with traveling residents and visitors, the Hawaii Department of Health reminds providers to assure your patients are fully vaccinated and to be alert for signs of mumps infection. Please report any suspected cases to prevent transmission in our community.

Mumps is an acute viral illness characterized by nonspecific prodromal symptoms (low-grade fever [~3–4 days], myalgia, anorexia, malaise, and headache) followed by pain, tenderness, and swelling in one or both parotid salivary glands. Not all cases develop parotitis, and not all cases of parotitis are caused by mumps. If present, parotitis usually lasts 2–10 days. Patients may also present with nonspecific or primarily respiratory symptoms or may be asymptomatic. While children usually develop mild disease, adults especially may suffer complications, including meningitis, deafness (temporary or permanent), encephalitis, orchitis in post-pubertal males, and oophoritis and/or mastitis in post-pubertal females.

The mumps virus spreads through direct contact with respiratory secretions and saliva, or through fomites. The incubation period ranges from 12–25 days, but parotitis typically develops 16–18 days after exposure. Persons with mumps are most infectious several days before and after the onset of parotitis. Per Hawaii State Law, a person with mumps cannot attend school, work, or travel for 9 days after parotitis onset.

Note that mumps *can* occur even in fully vaccinated individuals, especially in highly vaccinated populations. One vaccine (MMR) dose is 78% effective, while two doses are 88% effective at preventing infection.<sup>1</sup> *Vaccination is still the best protection against mumps.*

Acute mumps infection can be diagnosed by detecting virus by real-time reverse transcriptase polymerase chain reaction (rRT-PCR) in fluid collected from the parotid duct or the presence of mumps IgM in serum. Obtain the buccal/parotid duct specimen as soon as possible after onset of parotitis, ideally within 3 days and not more than 8 days after parotitis onset. Additionally, virus may be detected by rRT-PCR in urine.

<sup>1</sup> <https://www.cdc.gov/mumps/hcp.html#vaccination>

**\*\* This message contains privileged communication between the Department of Health and clinicians and should not be shared with or forwarded to those not included among the original recipients. \*\***

MEDICAL ADVISORY: POTENTIAL FOR MUMPS INTRODUCTION

December 14, 2016

Page 2

Report any *clinically suspected* cases of mumps immediately—do not wait for laboratory confirmation:

- Oahu (Disease Reporting Line) ..... (808) 586-4586
- Maui District Health Office ..... (808) 984-8213
- Kauai District Health Office ..... (808) 241-3563
- Big Island District Health Office (Hilo) ..... (808) 933-0912
- Big Island District Health Office (Kona) ..... (808) 322-4877
- After hours on Oahu ..... (808) 566-5049
- After hours on neighbor islands ..... (800) 360-2575 (toll free)

Additional information on mumps, including vaccine recommendations

(<https://www.cdc.gov/mmwr/pdf/rr/rr6204.pdf>) and instructions for buccal swab collection may be found at: <https://www.cdc.gov/mumps/hcp.html>.

We appreciate your vigilance and assistance in protecting our community from the spread of this disease.

Sincerely,

Sarah Y. Park, MD, FAAP  
State Epidemiologist  
Hawaii Department of Health

**\*\* This message contains privileged communication between the Department of Health and clinicians and should not be shared with or forwarded to those not included among the original recipients. \*\***