

Hawaii Epi Bulletin

HAWAII STATE DEPARTMENT OF HEALTH
DISEASE OUTBREAK CONTROL DIVISION

Winter 2016/17

Don't Let Mumps Spoil Your Fun

Mumps is a viral disease caused by a paramyxovirus (the same family as parainfluenza viruses, measles virus, and others). The signature symptoms of mumps is the puffy cheeks and swollen jaw from inflamed salivary glands (parotitis). The majority of infections are mild and self-limited, particularly in children, but complications do occur, especially in adults, including meningitis, deafness, encephalitis, orchitis, or oophoritis and/or mastitis. Death from mumps is very rare.

Mumps infection usually presents with pain, tenderness, and swelling in one or both of the individual's parotid salivary glands. The swelling usually peaks in 1 to 3 days then subsides within the following week. Parotitis may be preceded by fever, headache, myalgia, anorexia, and malaise. Symptoms start 16–18 days (range 12–25) after exposure, and most people recover within 1–2 weeks. In some cases, infected persons will only have very mild or no symptoms.

Infected individuals are contagious several days before and after the onset of parotitis. The virus is spread through direct contact with respiratory secretions, saliva, or through fomites. It is recommended that people infected with mumps stay home from work or school and avoid contact with others from the time they are diagnosed until at least 5 days after the onset of parotitis.

Vaccination is the most effective way to prevent mumps. The mumps vaccine is part of the combination measles-mumps-rubella (MMR) and measles-mumps-rubella-varicella (MMRV) vaccines. The effectiveness of the two doses of mumps vaccine is 88% (range 66% to 95%), and one dose is 78% (range 49% to 91%) effective. Because of this, high rates of vaccination in communities is important to reduce the size, duration, and spread of outbreaks of mumps. The Advisory Committee on Immunization Practices recommends that children receive two doses of MMR or MMRV.

The incidence of mumps in the United States decreased after the advent of routine childhood MMR vaccination; however, cases and outbreaks do still occur. During 2016, the Centers for Disease Control and Prevention (CDC) reported the highest number of mumps cases in ten years; a total of 5,311 cases were reported from Washington D.C. and 46 states, with 8 states reporting more than 100 cases each. There are currently at least two major outbreaks of mumps occurring in the United

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DON'T LET MUMPS SPOIL YOUR FUN

MMR VACCINATION IS THE BEST PROTECTION AGAINST MUMPS!

KEEP FROM SPREADING MUMPS

Don't share drinks or eating utensils

Cover your coughs and sneezes

Stay home when you are sick

Wash your hands often with soap and water

Clean and disinfect surfaces

SIGNS AND SYMPTOMS OF MUMPS

Mumps is best known for the puffy cheeks and swollen jaw that it causes.

Fever

Headache

Loss of appetite

Muscle aches

Tiredness

THERE IS NO TREATMENT FOR MUMPS

If you have symptoms, stay home and away from others and contact Student Health Services or your doctor.

ASK YOUR STUDENT HEALTH SERVICES ABOUT WHERE YOU CAN GET VACCINATED.

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States: one in Arkansas that as of February 22, 2017 includes 2,815 cases under investigation (including confirmed and suspect cases), and one in Washington State that has 503 confirmed and probable cases as of February 22, 2017, its largest outbreak in 26 years. In Hawaii, from 2006–2016, we have had a range of 0–6 cases of mumps each year statewide.

Clinicians should consider mumps in patients presenting with compatible symptoms, especially if they have a history of travel to an area where there is active mumps transmission is ongoing. Healthcare providers should report suspected cases to HDOH immediately.

For more information about mumps, go [here](#)

Stop Flu at School Underway

The Hawaii Department of Health's (HDOH) 10th annual Stop Flu at School (SFAS) program commenced on January 17, 2017. The voluntary program administers free influenza vaccinations to students in kindergarten through eighth grade at more than 240 participating public, private, and charter schools statewide.

The program is the product of a partnership between HDOH, the Department of Education, the Hawaii Association of Independent Schools, and Hawaii Catholic Schools, and is endorsed by the Hawaii Chapters of the American Academy of Pediatrics and the American Academy of Family Physicians. Funding for the program is provided by HDOH, the Centers for Disease Control and Prevention (CDC), and the Hawaii Association of Health Plans. SFAS will be running through February 28, 2017.

For more information on Stop Flu at School, go [here](#).

Flu Vaccine - It's not too late!

Influenza is a serious disease that can lead to hospitalization, and sometimes even death. Every flu season is different, but you can take simple steps to protect yourself and your family against the flu.

The best way to protect against flu viruses is through vaccination. The Centers for Disease Control and Prevention (CDC) recommend a yearly flu vaccine. The recommendation states that everyone 6 months of age or older should get a flu vaccine by the end of October (except for individuals with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine). However, even though it is now past October, if you haven't gotten your flu shot yet it is not too late to get vaccinated, as influenza is active in Hawaii all year long.

In addition to preventing influenza infections, vaccination can reduce the severity of flu illnesses, doctor's visits, and missed work and school due to flu; it can also prevent flu-related hospitalizations. Vaccination among children, pregnant women, people with certain chronic diseases (e.g. asthma, diabetes, heart or lung disease), and people 65 year or older, is especially important to decrease their risk of severe flu illness and complications.

Other preventive actions you can take to stop the spread of influenza (and other germs) are to:

1. Try to avoid close contact with sick people
2. Cover your nose and mouth with a tissue when you cough or sneeze, and throwing the tissue in the trash after each use
3. Wash your hands often with soap and water
4. Avoid touching your eyes, nose, and mouth
5. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu
6. Remember that if you begin to feel sick while at work, go home as soon as possible!

Don't forget, healthy people can get sick from the flu and spread it to others. Everyday preventive actions can help slow the spread of germs that cause the flu, and many different illnesses, to your friends and family.

To find a pharmacy or clinic near you where you can get a vaccine, use the [vaccine locator](#).

TAKE 3 ACTIONS TO FIGHT THE FLU

FIGHT FLU

INFLUENZA

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an annual flu vaccine by the end of October, if possible, or as soon as possible after October.

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

Learn more: <https://www.cdc.gov/flu/consumer/vaccinations.htm>

TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP STOP THE SPREAD OF FLU VIRUSES!

AVOID

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

Learn more: <https://www.cdc.gov/flu/consumer/prevention.htm>

TAKE ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM!

FLU ANTIVIRALS

If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

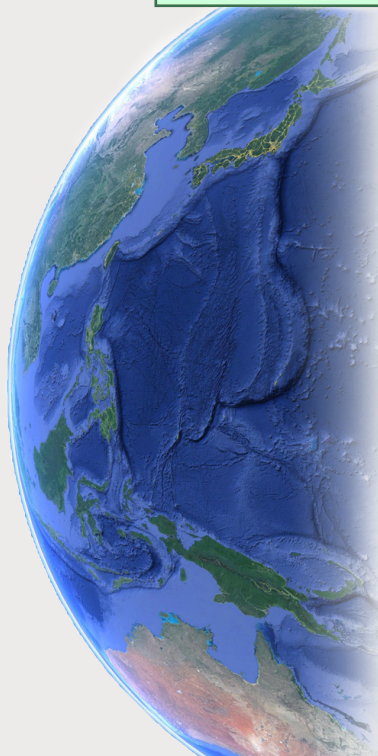
Learn more: <https://www.cdc.gov/flu/consumer/treatment.htm>

#FIGHT FLU

CDC

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Updates from the Pacific



Dengue

- **Vanuatu:** : An outbreak of DENV-2 has been ongoing since November 2016, with 1,485 cases reported as of February 9, 2017.
- **New Caledonia:** Since September 1, 2016, there have been 555 confirmed cases of DENV-1 as of February 3, 2017.
- **Republic of Palau:** Since October 10, 2016 51 cases of DENV-2 have been reported as of January 17, 2017.
- **Solomon Islands:** As of January 29, 2017, there have been 9,699 cases reported since August 2016. A total of 2,566 rapid diagnostic tests have been conducted with 1109 (43%) positive using either NS1 or IgM

Hepatitis A

- **Republic of Marshall Islands:** A total of 103 confirmed cases of hepatitis A have been reported between September 2016 and January 28, 2017. The majority of the cases have been pre-school and elementary age children in Majuro. A State of Health Emergency was declared on January 20, 2017 as a result of the outbreak.

Zika

- **Republic of Marshall Islands:** Due to an outbreak of Zika, a State of Health Emergency was declared for the Republic of Marshall Islands. The two latest IgM positive suspected cases were reported on December 28, 2016.

HDOH Hawaii Health Care Provider Disease Reporting Categories

Confidential

Infections/diseases which may carry a social stigma are to be reported with extra precautions to assure patient confidentiality. Reports are to be submitted within three working days of diagnosis.

Urgent

Diseases or conditions that are suspicious or presenting with novel symptoms that may or may not be part of a known disease or disease complex, labeled "urgent" shall be **reported by telephone as soon as a provisional diagnosis is established.**

The telephone report shall be followed by a written report submitted by mail or fax within three days to the Disease Outbreak Control Division, Disease Investigation Branch on Oahu or to the District Health Office on the neighbor islands.

Routine

Diseases labeled "routine" shall be reported by mail, by telephone, or fax to the Disease Outbreak Control division, Disease Investigation Branch on Oahu or to the District Health Office on the neighbor islands.

Routine/Enteric (enteric prevention priority)

Diseases labeled "routine—enteric prevention priority" shall be reported by telephone as soon as a working diagnosis is established if the individual case is a food handler, direct care provider, or pre-school-aged child. Otherwise, routine reports may be submitted.

Outbreak Reports

Any disease shall be reported by telephone when observed to occur clearly in excess of normal expectancy as determined by the healthcare provider or the Director of Health. The telephone report shall be followed by a written report submitted by mail or fax within three days to the Disease Outbreak Control Division, on Oahu or to the District Health Office on the neighbor islands.

HDOH Telephone Numbers

Oahu (Disease Investigation Branch)
(808) 586-4586

Maui District Health Office
(808) 984-8213

Kauai District Health Office
(808) 241-3563

Big Island DHO (Hilo)
(808) 933-0912

Big Island DHO (Kona)
(808) 322-4877

After hours (Oahu)
(808) 566-5049

After hours (Neighbor islands)
(808) 360-2575