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### **ALERT - INCREASED MUMPS CASES IN WEST LOS ANGELES COUNTY**

A cluster of mumps cases has recently been identified in the west area of Los Angeles County. It is imperative that all hospitals and local physicians providing medical care to patients residing in this area be vigilant for mumps and take appropriate timely action.

Mumps is an acute viral illness that is communicable and transmitted via respiratory droplets. The incubation period ranges from 12-25 days. Persons with mumps are considered most infectious from 2 days before to 5 days after onset of symptoms. The classic symptom of mumps is parotitis, either unilateral or bilateral. Other salivary glands can also be affected. Nonspecific symptoms such as sore throat, myalgia, anorexia, malaise, headache, and low-grade fever may precede parotitis by several days. As many as 20% of cases are subclinical, but such cases still remain contagious. Complications include inflammation of the testicles or ovaries, meningitis, encephalitis, pancreatitis, and deafness.

To prevent further spread of the disease in the community, we ask health care providers to report any suspect mumps cases in a timely manner. Mumps is one of the conditions mandated to be reported to the local health department (Title 17, California Code of Regulations, § 2500).

- **Standard respiratory droplet precautions should be taken** when assessing a patient for possible mumps. The patient should remain isolated at home for 5 days after onset of parotitis.
- **It is important to make a laboratory diagnosis of mumps since parotitis can be caused by agents other than the mumps virus.** Acute mumps can be confirmed by the presence of serum mumps IgM, a significant rise in IgG antibody, or detection of mumps virus from buccal specimens by PCR, culture or other methods. Sera should be collected as soon as possible after symptom onset for IgM testing and acute IgG testing. Suspected cases who have previously received one or more doses of MMR vaccine may have an IgM response that is missing, delayed, or transient. Thus, it is important to collect sera 2 weeks later for convalescent IgG testing. Lab testing guidelines can also be found at the following website:  
<http://www.cdph.ca.gov/HealthInfo/discond/Documents/20111014CDPHMumpsLabTesting.pdf>
- **IMMEDIATELY report** any suspect mumps cases to the Los Angeles County Morbidity Central Reporting Unit at 888-397-3993 (phone) or 888-397-3778 (fax). For cases among residents of the Cities of Long Beach or Pasadena, call the Long Beach City Health Department (562-570-4302) or the Pasadena City Health Department (626-744-6000). Do **NOT** wait for laboratory confirmation before reporting a suspected case of mumps.
- **Check that all persons have been appropriately vaccinated with 2 doses of the MMR vaccine if older than 5 years of age.** However, vaccination will not prevent disease if a person has already been exposed to the virus.

For technical assistance or additional information about mumps, please call the Los Angeles County Immunization Program at 213-351-7800 and ask to speak with staff in the surveillance unit.