

Dutchess County Department of Behavioral & Community Health

PUBLIC HEALTH ADVISORY*

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Marcus J. Molinaro
County Executive



Margaret Hirst, LCSW-R
Acting Commissioner

MUMPS OUTBREAK AMONG COLLEGE STUDENTS

Friday, November 4, 2016 - 3pm

The Dutchess County Department of Behavioral & Community Health (DBCH) would like to make you aware of recent cases of mumps at colleges in our region. Individuals living in close proximity, such as college students, are at greatest risk for infection.

- Providers should have a high index of suspicion for mumps in patients with compatible symptoms, regardless of vaccination history. Clinical features of the disease can be found at www.cdc.gov/mumps. **The infectious period for mumps is from 2 days before onset of parotitis to 5 days after.** The incubation period for mumps from exposure to onset of illness ranges from 12 to 25 days.
- **Serology testing alone is NOT sufficient for the diagnosis of mumps** in a previously vaccinated person. The IgM response may be absent, transient, or delayed. **PCR testing of a buccal swab specimen collected in viral transport media is the most accurate way to diagnose acute mumps.** Guidance on buccal specimen collection can be found at: <http://www.cdc.gov/mumps/lab/detection-mumps.html>
- Suspect patients should **stay home for 5 days** following the onset of parotitis and avoid exposing people to their saliva (no kissing, or sharing drinks, or cigarettes, etc).
- Mumps vaccine is not fully effective at preventing illness, therefore individuals who are exposed to mumps and are fully vaccinated should still monitor themselves for mumps illness for 25 days after exposure.
- Suspected cases of mumps should be immediately reported to the Behavioral & Community Health Department **at the time of clinical suspicion** at **(845) 486-3402** so appropriate testing and control measures can be implemented. After 5pm weekdays, weekends, and holidays, please call (845) 431-6465.

Infection Control in the Healthcare Setting

- Ensure all healthcare personnel in your office/healthcare setting are up to date with MMR vaccine.
- Have suspect patients avoid contact with others (e.g. Have patient wait in exam room or wear surgical mask).
- Use standard and droplet precautions (e.g. surgical mask, gloves) when evaluating suspect mumps patient.
- Healthcare personnel who do not have evidence of immunity at the time of exposure to a confirmed mumps case should be furloughed from day 12 through day 25 after exposure.

***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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