

Mumps

What is mumps?

Mumps is a disease caused by a virus that usually spreads through saliva and can infect many parts of the body, especially the parotid salivary glands. These glands, which produce saliva for the mouth, are found toward the back of each cheek, in the area between the ear and jaw. In cases of mumps, these glands typically swell and become painful.

What are the symptoms of mumps?

Symptoms, which can take from 12 to 25 days to develop, include fever, headache, muscle ache and swelling and tenderness of the salivary glands at the angle of the jaw (parotitis). Swelling may last from 7-10 days. Painful testicular swelling (orchitis) and rash may also occur. Serious problems are rare, but can include deafness; swelling of the brain, spinal cord, testicles, breasts or ovaries; and pregnancy loss.

NOTE: Swelling of the glands near the jaw line below the ears may give you "chipmunk cheeks". Patients are advised to avoid fruit juice or any acidic foods, since these stimulate the salivary glands, which can be painful.

How is mumps spread?

Mumps is a contagious disease that is spread from person-to-person through direct contact with respiratory droplets from the nose or throat, through saliva, coughing, sneezing, sharing drinks, kissing or from contact with surfaces that have been contaminated with the mumps virus.

When is a person infectious?

A person with mumps can spread the virus to others from 7 days before to 9 days after the onset of symptoms.

How do I know if I am immune?

An employee is considered immune if he/she is:

- born in 1956 or earlier
- born in 1957 - 1969 and has documented evidence of vaccination with 1 dose of mumps-containing vaccine after their 1st birthday
- born in 1970 - later and has documented evidence of vaccination with 2 doses of mumps-containing vaccine after their 1st birthday and given at least one month apart.

History of disease is not accepted as immunity. Previously reactive mumps IgG results will be evaluated on a case-by-case basis during an exposure; currently, it is not accepted as proof of immunity.

If the employee has not provided Workplace Health with the above information, he/she will be considered non-immune.

When is an employee exposed?

A non-immune employee is considered exposed if they did not use personal protective measures **and** had direct contact with the oral/nasal secretions of an infectious case within a distance of 2 metres.

What happens if an employee is exposed?

If an employee is exposed to and is immune to mumps, they do not need to alter any activities and can continue to work.

If you have been exposed, are born in 1957- 1969 and have had 0 doses of a mumps vaccine:

1. have your blood drawn for STAT mumps IgG testing
2. receive a dose MMR
3. remain off work between day 10 (post first exposure) and day 26 (post last exposure) inclusive until testing results are in
 - If you have protective levels of IgG, you may return to work
 - If you have no protection, you must remain off until day 25 post last exposure
 - If you develop mumps, you must remain off until 5 days after the onset of parotid swelling

If you have been exposed, are born in 1970 or later and have had 0 doses of a mumps vaccine:

1. have your blood drawn for STAT measles IgG testing
2. receive your 1st dose of MMR
3. remain off work between day 10 (post first exposure) and day 26 (post last exposure) inclusive until testing results are in
 - If you have protective levels of IgG, you may return to work
 - If you have no protection, you must remain off until day 25 post last exposure
 - If you develop mumps, you must remain off until 5 days after the onset of parotid swelling
 - Receive your 2nd dose of MMR 28 days after your 1st dose

If you have been exposed, are born in 1970 or later and have had 1 dose of a mumps vaccine:

1. receive your 2nd dose of mumps vaccine (MMR)
2. self- monitor for signs and symptoms of mumps
 - If you develop mumps, you must remain off until 5 days after the onset of parotid swelling

Immunization is not known to prevent mumps in those already exposed, but will protect against future exposures.

What happens if an employee has mumps?

Possibly infected employees must stay away from work and see their doctor as soon as possible for confirmation of the disease and treatment. Contact your physician beforehand so they can take precautions for your arrival.

Employees who are diagnosed with mumps should generally be excluded from work until at least until five days after the onset of classical clinical symptoms (e.g. parotitis, sialadenitis, pancreatitis, and orchitis). This exclusion may be extended up to nine days if the employee remains symptomatic. Staff working with immunocompromised patients may be excluded for nine days after the onset of classical clinical symptoms, or reassigned to another area after day five.

The diagnosis of mumps depends on the correlation of both clinical and laboratory findings as each alone may not be sufficiently sensitive.

For *surveillance* purposes, an individual is considered to have mumps if he/she has one of the following:

- Unilateral parotitis and an epidemiological link to a laboratory-confirmed case
- Bilateral parotitis
- Laboratory confirmation of mumps by RT-PCR
- Positive serologic test for mumps IgM antibody and a clinical picture compatible with acute mumps.

Manager/Supervisor Responsibilities:

Suspected Outbreak or staff exposure from patient: consult with Infection Control. Infection Control will confirm diagnosis, notify and collaborate with the Workplace Health Call Centre Occupational Health Nurse (WHCC OHN). No additional action required until confirmation of disease.

Confirmed Outbreak/Staff exposure: Infection Control will inform the WHCC OHN of the confirmed disease exposure. The WHCC OHN will contact the manager and send out an exposure notification memo to the manager. Please advise all staff members that meet the exposure criteria to contact the WHCC OHN at 1-866-922-9464.

Advise infected employees to contact the WHCC OHN.

Employee Responsibilities:

Infected or exposed employee: please contact the WHCC OHN at 1-866-922-9464 and review the information above.

Additional Information/References:

- HealthLinkBC File: [Mumps](#). Oct 2016 Retrieved on Apr 13, 2017.
- BCCDC Communicable Disease Control Manual. [Mumps](#). June 2014. Retrieved August 3, 2017.
- Canada Communicable Disease Report. [Prevention & Control of Occupational Infections in Health Care](#). March 2002. Retrieved on August 3, 2017.
- Provincial Infection Control Network of BC (PicNet). [Management of Health Care Workers Pre and Post Exposure to Measles, Mumps or Rubella](#). May 2011. Retrieved on August 3, 2017.