

6/20/2019

** NOTICE: This health alert provides written guidance for health care professionals and others who may need to take action to prevent or control a notifiable condition. It is not intended to provide guidance for the general public.*

MUMPS IN WASHINGTON - Spokane Regional Health District has confirmed an ongoing outbreak of mumps at Eastern Washington University, with 4 confirmed cases. Spring quarter ended June 14th followed by commencement on June 15th. There is concern that exposed students and individuals attending the university and commencement may return to their homes in other jurisdictions or to other locations resulting in the spread of cases to other locations.

Actions Requested

1. Consider mumps infection in patients who may have been exposed who have compatible symptoms, including:
 - Non-specific prodrome of fever, headache, muscle aches, tiredness and loss of appetite.
 - Swollen and tender salivary glands under the ears on one or both sides (parotitis).
 - Orchitis may develop in <10% of males with mumps infection.
2. Instruct health care provider reception/triage staff to identify patients who present with symptoms of possible mumps.
 - Patients should wear a mask covering the nose and mouth.
 - Remove patient from waiting area and place in a single room promptly.
 - Use droplet and standard precautions.
3. Collect specimens on patients with suspected mumps:
 - Buccal swab and urine for PCR and virus isolation can be run at the Washington State Public Health Lab. Approval by the local health department is required before specimen submission.
 - On days 0-3 after onset of parotitis (with the date of onset being day 0) Collect a buccal swab only.
 - On days 4 – 10 after onset of parotitis (the date of onset being day 0) Collect both a buccal swab & urine.
 - Order serum for mumps IgG and IgM through a commercial lab. Keep in mind that vaccinated individuals may have a false negative IgM.
4. Tell the patient to stay home until negative lab results are received or for 5 days after the onset of parotitis.
5. Contact local public health to report suspect cases and to approve testing at the Washington State Public Health Lab
6. Review your staff's immunization history. Unimmunized healthcare workers without evidence of immunity who are exposed to a person with mumps may be excluded from work. For further guidance refer to: www.doh.wa.gov/Portals/1/Documents/5100/420-065-Guideline-Mumps.pdf

Resources:

Washington DOH: www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Mumps/MumpsOutbreak

Washington State DOH Mumps Guidelines: www.doh.wa.gov/Portals/1/Documents/5100/420-065-Guideline-Mumps.pdf

CDC Mumps Information: <https://www.cdc.gov/mumps/>

COMMUNICABLE DISEASE UPDATE

COMMUNICABLE DISEASE CONTROL AND PREVENTION SECTION
THURSTON COUNTY PUBLIC HEALTH AND SOCIAL SERVICES DEPARTMENT
412 LILLY RD NE
OLYMPIA, WA, 98506-5132
DISEASE REPORTING: (360)786-5470 INFORMATION: (360) 867-2533
Rachel Wood, MD, MPH, Health Officer



6/20/2019

BACKGROUND

The first case-patient at Eastern Washington University became symptomatic on May 19th, 2019, followed by two others who likely shared a common exposure to an unknown index case. At this time, one secondary case has occurred. The most recent parotitis onset date was June 5th, 2019.

The outbreak investigation is ongoing. Two of the cases live in separate dormitories and all four cases attended fraternity or sorority events during their likely exposure periods. Students have been encouraged to make sure they are up-to-date on MMR vaccines, and third doses have been offered to close contacts of confirmed cases. With Spring Quarter ending on Friday, June 14th and commencement on June 15th there is concern students and individuals attending commencement, who may have been exposed, will return to their homes in other jurisdictions or to other locations that may result in cases in other locations.

THANK YOU FOR REPORTING!

TO REPORT A NOTIFIABLE CONDITION IN THURSTON COUNTY	
Voice mail for reporting Non-immediately reportable conditions (24 hours a day)	Phone: 360-786-5470 Fax: 360-867-2601
Day time immediately reportable conditions	360-867-2500 ask staff to locate Communicable Disease staff
After hours immediately and 24-hour reportable conditions or a public health emergency	Call 911 and ask staff to locate the Health Officer. If calling from outside Thurston County, call 360-704-2740 and ask staff to locate the Health Officer.
No one is available with Thurston County Public Health and condition is immediately notifiable	1-877-539-4344