



15 January 2018

To: Physicians, ER, Nurse Practitioners and Public Health Staff

From: Dr. Claudia Sarbu, Regional Medical Officer of Health

Re: Mumps Outbreak, Eastern Health

Since December 2017, 19 cases of parotitis have been investigated by Communicable Disease Control in St. John's Metro area, out of which six are confirmed as mumps, one case as enterovirus and for the remaining cases the results are pending.

If a person presents to you with clinical symptoms suggestive of mumps, please ensure the following actions:

- Notify your regional Communicable Disease Nurse or Medical Officer of Health and be prepared to discuss symptoms, immunization status and identify contacts.
- Exclude the suspected case from school, work and group activities for 5 days after onset (the infectious period).
- Follow the Public Health Laboratory guidelines for testing (attached). Viral PCR is recommended for mumps diagnosis, especially in those previously immunized.
- Test for other upper respiratory tract viruses, as these can present with similar symptoms.

The population of Newfoundland and Labrador has a very high rate of immunization with MMR and there is no change to the usual recommendations for immunization. Persons who have had 2 doses of MMR or MMRV vaccine are considered immune and those born before 1970 are considered to have acquired natural immunity, even if they were not vaccinated. Individuals born 1970 and after could check their immunization records, and a second dose of vaccine could be considered for added protection.

More information about mumps for the public is available on [Eastern Health website](#).

Phone numbers for Communicable Disease Nurses or the Medical Officer of Health:

Eastern Health (709) 752-3918

Medical Officers of Health, including after-hours/weekends: 1-866-270-7437

Sincerely,

Dr. Claudia Sarbu, MD, MSc, FRCPC
Regional Medical Officer of Health



Public Health and Microbiology Laboratory Guidance for the Investigation of Mumps

PCR is recommended to confirm an acute mumps diagnosis.

For diagnosis of acute illness, Mumps IgM serology (or acute and convalescent IgG serology) may be considered but with limitations, as many people have been previously immunized. Testing for Mumps immune status by IgG serology is NOT indicated. **Blood samples submitted for Mumps IgG immune status will not be tested.**

Please follow the instructions below for choice of specimens:

Oral specimens:

Throat, nasopharyngeal, saliva, buccal swab or swab around the Stensen's duct. Collect within 5 days of onset of symptoms. Place swabs in universal transport medium (aka UTM).

Urine:

Positive up to 14 days after symptom onset.

Collect ~ 50 ml clean catch urine in sterile dry container.

***Note: not the BD urine container with preservative for urine bacteriology culture**

To arrange the supply shipping Physicians can call any of these numbers.

UTM for NP swab and buccal swab

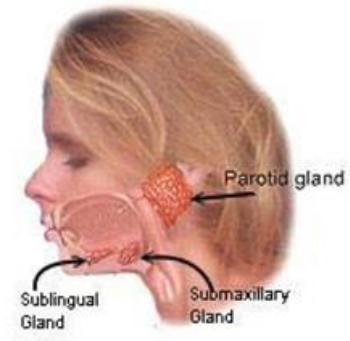
Bob Cleary 7777123

Dave 7776415

Buccal Swab for all suspect mumps cases

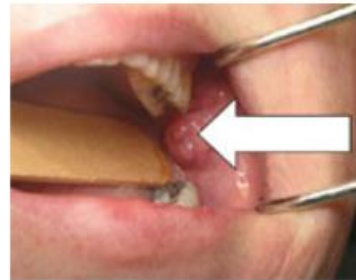
Using the Universal Transport Media (UTM) collection kit, collect a buccal swab. (Red tip swabs same as NP swab, check expiry date).

1. Massage the parotid gland area (the space between the cheek and teeth just below the ear) for about 30 seconds prior to collection of the buccal secretions. The parotid duct (Stensen's duct) drains in this space near the upper rear molars. Put the swab into that space.
2. Once the specimen has been collected, the swab is inserted into the UTM.
3. Ensure that the lab requisition indicates that there is a buccal swab and that you are requesting mumps testing.
4. Send to the laboratory immediately. If a delay in sending to the Lab, place specimen in refrigerator. Specimens must be stored and shipped cold.



Adapted from the Illinois Dept. of Public Health – Div. of Laboratories (Chicago Virology Section)

Swab the buccal cavity (photo on right), which is the space near the upper rear molars between the cheek and the teeth. Swab the area between the cheek and gum by sweeping the swab near the upper molar to the lower molar area.



Nasopharyngeal Swab for respiratory panel

NEJM Procedure: Collection of Nasopharyngeal Specimens with the Swab Technique

<https://www.youtube.com/watch?v=DVJNWefmHjE>