

<p><b>IN THIS ISSUE:</b></p> <ul style="list-style-type: none"> <li>▪ <b>Increased Mumps Activity in Peel</b></li> </ul>	<p><b>FROM:</b></p> <p>Nicholas Brandon, MD, MA, MSc, CCFP, FRCPC Acting Medical Officer of Health</p>
--	--

<p><b>Key Messages:</b></p> <ul style="list-style-type: none"> <li>▪ Mumps activity has increased in Peel.</li> <li>▪ Ensure all patients and clinic staff are up-to-date with Mumps vaccination.</li> <li>▪ Testing of mumps is more accurate if collected from multiple sites and closer to the onset of symptoms.</li> <li>▪ Report suspected cases of Mumps immediately to Peel Public Health at 905-799-7700.</li> </ul>
---

### Increased Mumps Activity in Peel

Peel Public Health is currently investigating a Mumps exposure in a local school. This is the 3<sup>rd</sup> case of Mumps in the last 6 months.

Children and adult immunization have been impacted due to the COVID-19 pandemic. Low immunization coverage increases the risk of outbreaks of communicable diseases, including Mumps.

### **Mumps Vaccine Eligibility**

All Ontarians are eligible for 2 publicly funded doses of Measles, Mumps and Rubella vaccine (MMR) based on the healthcare provider's clinical judgment and the needs of the patient.

To prevent the spread of Mumps, health care providers are encouraged to:

- Ensure all clinic staff are up-to-date with Mumps vaccination.
  - clinic staff, and HCP in general, should have 2 doses of documented Mumps vaccination **OR** documented laboratory evidence of immunity. This applies to all staff members, including those born prior to 1970.
- Ensure patients are up to date with Mumps vaccination and offer Mumps-containing immunization to eligible patients (see table).

Vaccination is preferred over serology in cases where immunization status is unclear.

- Remind parents of school-aged children to report their child's immunizations to Peel Public Health:
  - Online at: <https://www.peelregion.ca/immunize/report/>.
  - By calling 905-799-7700 (toll free: 1-888-919-7800).

### **MMR Vaccine Recommendations**

<b>Children</b>	<p><b>Routine schedule:</b></p> <ul style="list-style-type: none"> <li>▪ First MMR vaccine is given at 12 months of age.</li> <li>▪ Second dose at 4 to 6 years as MMRV vaccine.</li> </ul> <p>Students require proof of 2 doses of Mumps given on or after the 1<sup>st</sup> birthday or provide a valid exemption. If student missed doses and are on a catch-up schedule, refer to Table 16 of the <a href="https://www.health.gov.on.ca/en/pro/programs/immunization/docs/Publicly_Funded_ImmunizationSchedule.pdf">https://www.health.gov.on.ca/en/pro/programs/immunization/docs/Publicly_Funded_ImmunizationSchedule.pdf</a>.</p>
<b>Adults born before 1970</b>	<p>Considered to have <b>natural immunity</b>, however, some individuals may be susceptible.</p> <ul style="list-style-type: none"> <li>▪ Post-secondary students and travellers should consider getting at least 1 dose of MMR vaccine.</li> </ul>
<b>Adults born in 1970 or later</b>	<p>1 dose of MMR is recommended.</p> <p>A second dose of MMR is publicly funded for all individuals 18-25 years of age.</p> <p>A second dose of MMR can be administered to individuals ≥ 26 years of age based on clinical judgement.</p>

MMR vaccine can be ordered online at:

<https://www.peelregion.ca/health/professionals/V-07-629.htm>.

## Clinical Features of Mumps

- Acute onset of swelling and pain in one or both parotid salivary glands
- Low grade fever
- Headache
- Myalgia
- Fatigue and anorexia

Prodromal symptoms may precede parotitis by several days. Parotitis can last up to 10 days. Not all patients will present with parotid swelling. One parotid may swell before the other, and in 25% of patients, only one side swells. Fully vaccinated individuals can get and transmit Mumps. These patients may present with milder symptoms.

Peel Public Health recommends testing individuals with milder symptoms in exposed cohorts as part of outbreak control measures.

## Laboratory Diagnosis of Mumps

If you suspect mumps, all virus isolation/detection and serology tests should be completed as close to symptom onset as possible:

- **Buccal or throat swab** (collected up to 9 days following symptom onset)
  - Use the Virus Culture Kit (item #390081 from Public Health Lab).
  - For a buccal swab, massage the parotid gland for 30 seconds before taking the swab.
  - Store in the lab fridge until sent.
- **Urine** (collected up to 14 days following symptom onset)
  - Collect as a clean catch in a screw top sterile container.
  - Store in the lab fridge until sent.

## ▪ Serology

- **Acute:** IgM and IgG for mumps within 7 days of symptom onset.
- **Convalescent:** IgM and IgG for mumps 7-10 days after the acute sample.
- When sending serology, request testing only for mumps to expedite results.

**All lab requisitions must include:** symptoms, date of symptom onset (including parotitis), exposure history and vaccination history. Indicate that testing is for the diagnosis of mumps.

## Reporting Requirements

Mumps is a reportable disease under the *Health Protection and Promotion Act*. Report suspect or confirmed cases immediately to Peel Public Health at (905) 799-7700.

## Additional Resources:

Canadian Immunization Guide – Mumps Chapter:

<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-14-mumps-vaccine.html>.

Ontario Publicly Funded Immunization Schedules:

[https://www.health.gov.on.ca/en/pro/programs/immunization/docs/Publicly\\_Funded\\_ImmunizationSchedule.pdf](https://www.health.gov.on.ca/en/pro/programs/immunization/docs/Publicly_Funded_ImmunizationSchedule.pdf).

Centers for Disease Control and Prevention

<https://www.cdc.gov/mumps/hcp.html>.

Mumps – Diagnostic – PCR

<https://www.publichealthontario.ca/en/laboratory-services/test-information-index/mumps-diagnostic-pcr>.

Mumps – Serology

<https://www.publichealthontario.ca/en/Laboratory-Services/Test-Information-Index/Mumps-Serology>.