



To: CAHAN San Diego Participants  
Date: November 26, 2019  
From: Immunization Program, Public Health Services

### Health Advisory Update #2: Mumps in San Diego County

This health advisory updates CAHAN participants about mumps cases reported in San Diego County.

#### Key Messages

- Mumps is circulating in San Diego County. To date, in 2019, 60 mumps cases have been reported, including eight cases associated with the Otay Mesa Detention Center.
- Infectious parotitis/mumps cases in Baja California have increased significantly in 2019, with 754 cases reported to date.
- Mumps should be considered when individuals present with parotitis, other salivary gland swelling, acute orchitis or oophoritis, aseptic meningitis, encephalitis, sudden hearing loss, and pancreatitis, even when patients have been fully vaccinated.
- A [job aid](#) to assist in laboratory testing for mumps is attached to this advisory.
- Providers are requested to promptly report any suspected mumps case to the County Immunization Program by calling 866-358-2966 (after hours call 858-565-5255).
- Anyone  $\geq 6$  months of age planning to go abroad should have [age appropriate immunization](#) with measles, mumps, and rubella (MMR) or evidence of immunity before travel.

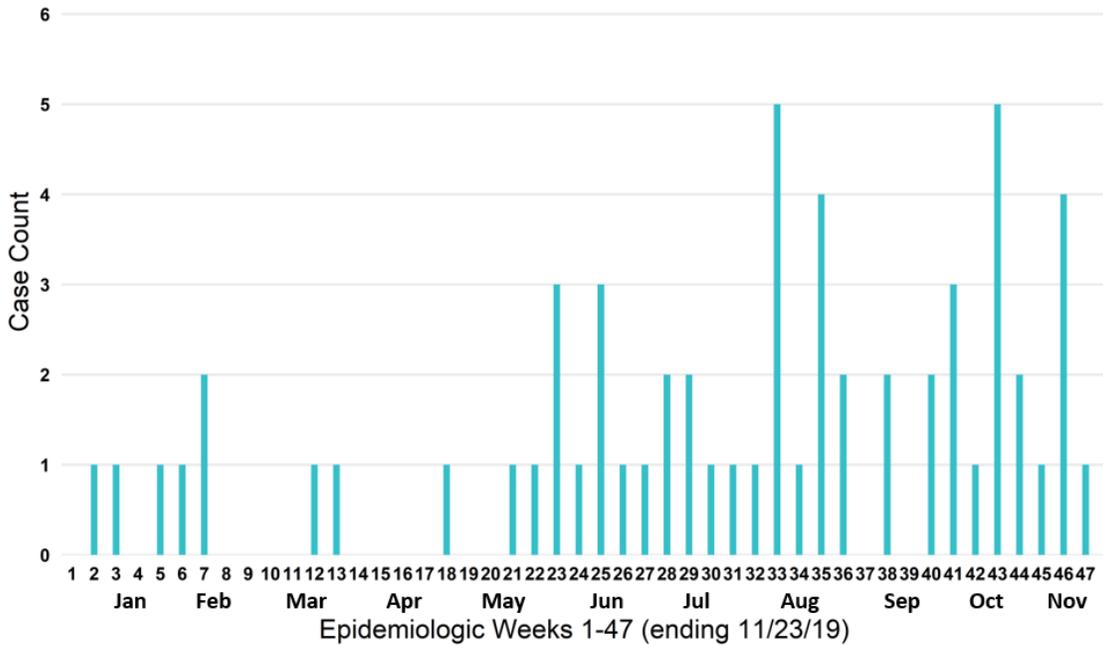
#### Situation

To date, in 2019, 60 San Diego County residents have been reported with confirmed or probable [mumps](#), the [greatest number](#) in over 25 years. Cases range in age from 9 months to 79 years (median 28 years) and 37 (62%) are male. Thirty-two (53%) cases self-reported being fully immunized against mumps. Six cases (10%) were hospitalized and there have been no deaths. Two cases (3%) had hearing loss and five had orchitis (14% of male cases). No other complications have been reported.

Six cases reported travel to Tijuana during their exposure periods, and eight cases went to other locations outside the United States. Eight cases were detainees in the Otay Mesa Detention Center (OMDC), which houses individuals for Immigration and Customs Enforcement (ICE) and the United States Marshall Service. Two cases are healthcare workers who treated ICE detainees and recently arrived migrants at locations other than OMDC during their exposure period. Five cases are known to be secondary to family exposures. Other cases have no apparent epidemiologic links.

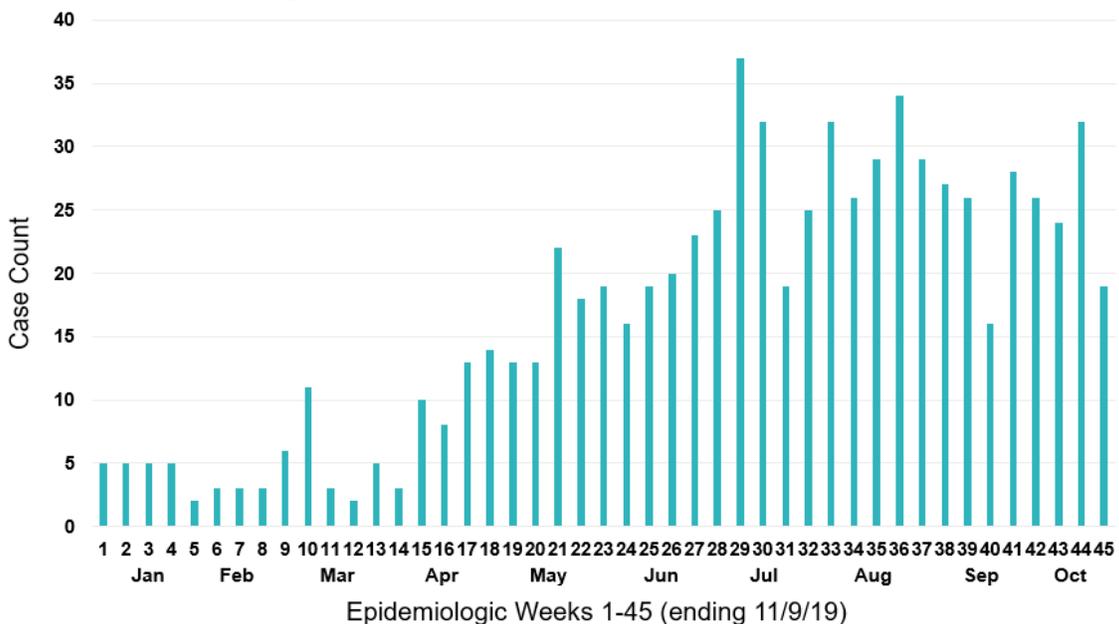
San Diego mumps cases, in 2019, are shown by week of illness onset in Figure 1 on the following page.

**Figure 1. Reported Mumps Cases  
San Diego County, 2019**



Neighboring counties have reported recent increases in mumps cases. [Los Angeles County](#) reported an outbreak this month in that county’s Men’s Central Jail. [Orange County](#) has noted an increase in mumps cases for 2019. As of November 16, 2019, 3,067 mumps cases have been [reported](#) this year to the Centers for Disease Control and Prevention (CDC). The Mexican Ministry of Health [reported](#) 7,200 cases of infectious parotitis/mumps, in Mexico in 2019 through November 9. This includes 754 cases in Baja California, the largest number there since 2001. Figure 2 shows Baja California cases in 2019 by week of report.

**Figure 2. Reported Infectious Parotitis Cases  
Baja California, 2019** (Data Source: [Secretaria de Salud](#))



## Recommendations for Providers

- **Consider the diagnosis of mumps in patients with acute parotitis or other salivary gland swelling, regardless of vaccination status.**
  - Vaccination, travel, and sexual histories should be obtained.
  - Immunity from the mumps portion of the MMR vaccine decreases over time.
  - Suspicion for mumps should increase in international travelers (especially travel to Baja California), recently incarcerated persons, recently arrived migrants, post-secondary school students, and men who have sex with men (MSM).
- **Obtain an oral swab for PCR testing to evaluate for mumps in patients with acute salivary gland swelling.**
  - Testing is particularly important when ill individuals are in a school, congregate living facility, or work site, or when they participate in large social gatherings.
  - Care should be used to [collect the specimen properly](#).
  - A useful video on specimen collection is located [here](#).
  - The oral specimen should be taken in the buccal area at [Stensen's duct](#) in patients with acute parotitis, and under the tongue at [Wharton's \(submandibular\) duct](#) in patients with other salivary gland swelling.
  - PCR tests are performed at most commercial laboratories; however, testing is also available at no cost at the San Diego County Public Health Laboratory (SDCPHL) after approval by the [County Immunization Program](#).
  - Questions about proper specimen collection, storage, and transportation may be directed to [SDCPHL](#) by calling 619-692-8500 (press 1 at the prompt) or via [email](#).
  - Mumps IgM testing may be useful in selected circumstances as noted [here](#).
- **Test for influenza in patients with acute parotitis and respiratory symptoms.**
  - Influenza A, especially H3N2, has been [associated with acute parotitis](#).
  - The best way to test for influenza is a [nasopharyngeal swab](#).
  - An oral swab should not be used for influenza testing.
- **Test for HIV in sexually active patients with parotitis who are not aware of their status.** HIV infection is associated with [various parotid disorders](#).
- **Consider mumps in the differential diagnosis in patients with symptoms of mumps without acute salivary gland swelling, regardless of vaccination status.**
  - Presentations include symptoms of acute orchitis or oophoritis, [aseptic meningitis](#), encephalitis, [sudden hearing loss](#), and pancreatitis.
  - Suspicion for mumps should increase in international travelers, recently incarcerated persons, recently arrived migrants, post-secondary-school students, and MSM.
  - Serology, buccal swab PCR, and urine PCR testing are recommended in cases not apparently involving salivary glands as noted [here](#).
- **Use droplet and standard precautions when caring for suspected or confirmed mumps cases.**
  - Verify that healthcare workers likely to encounter these patients have had two doses of MMR vaccine or have serologic documentation of mumps immunity.

- **Isolate suspected and confirmed mumps cases.**
  - Instruct patients not to return to school, work, or other public places until five days after the onset of parotitis.
  - Patients who are in congregate living facilities (jails, shelters, etc.) should be housed separately from others until no longer contagious.
  - Healthcare workers with unprotected exposure who do not have presumptive evidence of immunity will need to be excluded from work from the 12th day after the first exposure through the 25th day after the last exposure.
  
- **Report suspected mumps cases before obtaining confirmatory lab results.**
  - Contact the County Immunization Program at 866-358-2966 (press 5 at the prompt) during business hours Monday through Friday or via the answering service at 858-565-5255 after hours on evenings, weekend and County-observed holidays (ask for the Epidemiology Duty Officer).
  
- **Consider routine hearing testing in follow up of individuals diagnosed with mumps.**
  - Unilateral hearing loss may be undetected and pass unrecognized without formal testing, especially in [young children](#).
  
- **Vaccinate patients with MMR according to ACIP recommended schedules [for children](#) and [adults](#).**
  - Inform persons planning to go abroad about the need to have immunity to measles, mumps and rubella prior to travel.
  - See [ACIP recommendations](#) and the CDC Travelers' Health [website](#).

## Resources

A free, accredited continuing medical education course for physicians on recognizing and managing mumps in adults is available from the Los Angeles County Department of Public Health [here](#).

A [job aid](#) to assist in laboratory testing for mumps is attached to this health advisory.

More information is available at:

- CDC [mumps website](#)
- CDC Pink Book [mumps chapter](#)
- California Department of Public Health (CDPH) [mumps website](#)
- CDPH [mumps case investigation quicksheet](#)

Thank you for your participation.

### CAHAN San Diego

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# Suspect MUMPS?

**Wait!** This patient might not need to be tested if they are linked to another mumps patient or outbreak. Please refer to most recent San Diego CAHAN alert [here](#).

Does patient have parotitis or other salivary gland swelling?

**YES**

Has it been  $\leq 3$  days since symptom onset?

**YES**

Collect a buccal specimen for RT-qPCR.

Instructions [here](#)



**NO**

Collect a buccal specimen for RT-qPCR and serum specimen for IgM.



**YES**

Collect a buccal and urine specimen for RT-qPCR and serum specimen for IgM.



**NO**

Does the patient have:

- orchitis/oophoritis,
- mastitis,
- pancreatitis,
- hearing loss,
- meningitis, or
- encephalitis?

**NO**

Is patient part of a group at increased risk for mumps as defined by public health authorities?

*(If applicable, include description of groups at increased risk here)*

Is testing available at your facility?

**YES**

Contact or shipping instructions

**NO**

Contact or shipping instructions

**YES**

Give third dose of MMR

**NO**

Make sure patient is up to date on MMR and educate on signs and symptoms

Health Department Contact information

CS296624-A SD



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention