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October 25, 2024

From the Office of Dr. Joyce Lock, Acting Medical Officer of Health, Southwestern Public Health

Mumps Cases in Region

Southwestern Public Health has been notified of a lab-confirmed mumps case in an unimmunized child in the region and additional symptomatic individuals. Southwestern Public Health is asking health care providers in Oxford County, Elgin County, and the City of St. Thomas to be alert to the symptoms of mumps when diagnosing patients and to review the process for testing and reporting cases.

If you are investigating a suspect case of mumps, please ask the patient to isolate, report it to Southwestern Public Health and collect specimens for diagnosis.

REPORT: Call 1-800-922-0096 ext. 3500 // After Hours ext. 0

CLINICAL SUPPORT & GUIDANCE

Clinical Presentation

Symptoms of mumps can occur between 12 and 25 days after exposure, commonly symptoms occur 16 to 18 days after exposure.

Symptoms include:

- Unilateral or bilateral tender, self-limited swelling of the parotid or other salivary glands, lasting greater than two days, and without another apparent cause
- Fever
- Headache
- Fatigue
- Muscle aches
- Difficulty or pain with chewing or swallowing
- Loss of appetite

Note: Up to one third of infections do not cause clinically noticeable parotid swelling and may primarily manifest with respiratory tract symptoms.

Complications Associated with Mumps Infection Include:

www.swpublichealth.ca

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- Aseptic meningitis
- Encephalitis
- Orchitis/oophoritis/mastitis
- Pancreatitis
- Hearing loss
- Miscarriage

Diagnostic Testing for Mumps

Mumps testing should be completed for those with compatible signs and symptoms, regardless of their vaccination history. Diagnostic testing should include both mumps virus detection by polymerase chain reaction (PCR) (swabs and urine) as well as diagnostic serology.

Collect the following specimens if you are investigating a suspect mumps case.

- **Mumps Virus Detection by PCR:**
 - Buccal swab AND/OR throat swab obtained within 9 days of symptom onset. Specimens should be collected using the Viral Transport Medium (VTM) (pink liquid medium) collection kit; AND
 - Urine: Minimum of 50 mL collected within 14 days of symptom onset; AND
 - **Diagnostic serology:** A blood specimen (5 mL collected in a serum tube) for mumps antibodies (IgM and IgG) should be collected at the first visit (ideally within 7 days of symptom onset)

**Buccal Swabs: Collect using the Virus Culture kit (order # 390081). 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. See US [CDC video demonstration](#).

Each specimen must have a separate **Public Health Ontario Lab Requisition**. On the requisition clearly mark "Suspect Mumps" and Test Requested "Mumps Diagnostic PCR". Include symptoms, date of onset, exposure history (if known) and vaccination history (if known).

Contact the Public Health Ontario (PHO) Laboratories customer service at 416-235-6556 or 1-877-604-4567 if you have any questions.

There is No Specific Treatment for Mumps

- Supportive treatment such as ibuprofen and acetaminophen can be used for pain management and fever relief.
- Eating softer foods can be encouraged to reduce difficulty or pain with chewing/swallowing.

Keep Vaccinations Up-to-Date

- 2 doses of a mumps-containing vaccine are recommended for all individuals born in or after 1970.
- The first dose of measles, mumps, rubella (MMR) vaccine is given at 1 year of age and the second dose is given between 4 to 6 years of age.
- Adults born between 1970 and 1992 may have received only one dose as a child. If an adult is unsure of their vaccinations or has only received one dose of a mumps-containing vaccine, a booster dose is recommended.
- Children and adults who are lacking adequate documentation of immunization should be started on an immunization schedule appropriate for their age and risk factors. Mumps-containing vaccine may be given regardless of possible previous receipt of the vaccine because additional adverse events associated with repeated immunization have not been

demonstrated.

Infection Prevention and Control in Health Care Settings

- Implement droplet and contact precautions in addition to routine practices.
- Advise suspected or confirmed mumps cases to isolate at home for 5 days after onset of parotid swelling or symptom onset if parotitis is not present.
- Ensure all healthcare providers and staff members are immune to mumps. Proof of mumps immunity includes:
 - Documentation of receipt of 2 doses of a mumps-containing vaccine (at least 4 weeks apart) on or after their first birthday.
 - Laboratory evidence of immunity to mumps.
- A health care worker (HCW) who has had an exposure to a person who has mumps, either in the health care setting or in the community, must report to Occupational Health and/or Infection Control at the facility where they work.

Report all Suspected and Confirmed Cases

- Call SWPH: 1-800-922-0096 ext. 3500 during business hours (Monday to Friday from 8:30am-4:30pm); 1-800-922-0096 and press '0' after hours.
- Fax [SWPH Reportable Disease Notification Form](#) to 519-631-1682.

Mumps Resources:

- [Case Definitions and Disease Specific Information for Mumps](#) (Ministry of Health (MOH))
- [Mumps](#) (Public Health Ontario (PHO))
 - [Mumps – Diagnostic – PCR](#) (PHO)
 - [Mumps – Serology](#) (PHO)
- [Mumps](#) (Public Health Agency of Canada (PHAC))
- [Mumps Fact Sheet](#) (SWPH)
- [Mumps Vaccines](#) (Canada Immunization Guide)
- [Ontario's Routine Immunization Schedule](#) (MOH)

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