



Department of Health and Human Services  
Maine Center for Disease Control and Prevention  
286 Water Street  
11 State House Station  
Augusta, Maine 04333-0011  
Tel: (207) 287-8016; Fax (207) 287-9058  
TTY Users: Dial 711 (Maine Relay)

## Maine Health Alert Network (HAN) System

### PUBLIC HEALTH ADVISORY

**To:** Health Care Providers, Schools, Nearby States  
**From:** Dr. Siiri Bennett, State Epidemiologist  
**Subject:** Confirmed Mumps Case in Maine  
**Date / Time:** Friday, March 15, 2019 at 3:00pm  
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**Abstract:**

Maine CDC is investigating a confirmed case of mumps in an unvaccinated student in York County. Maine CDC is working closely with the school to identify contacts and provide recommendations for control. The intent of this HAN is to remind providers to test patients with clinically compatible symptoms for mumps, encourage vaccination, and alert others to the presence of mumps in Maine. Schools should review student vaccination records as unvaccinated students in schools may be excluded if Maine CDC identifies further cases in other locations.

## Mumps in Maine - March 2019

**Summary:** Maine CDC is investigating a confirmed case of mumps in an unvaccinated student in York County. Maine CDC is working closely with the school to identify contacts and provide recommendations for control. The intent of this HAN is to remind providers to test patients with clinically compatible symptoms for mumps, encourage vaccination, and alert others to the presence of mumps in Maine. Schools should review student vaccination records as unvaccinated students in schools may be excluded if Maine CDC identifies further cases in other locations.

**Background:** Mumps is an acute viral infection typically characterized by swelling and tenderness of one or more salivary glands, typically the parotid gland (parotitis), on one or both sides, as well as fever, headache, muscle ache, tiredness and loss of appetite.

Complications can include redness and swelling of the testicles in males, inflammation of the brain or membrane covering the spinal cord, inflammation of the ovaries in females, and permanent hearing loss.

**Transmission:** Mumps is transmitted by respiratory droplet spread or by direct contact with an individual's respiratory secretions. Individuals are considered most infectious from 2 days prior to symptom onset until 5 days after. The symptoms onset is usually between 16-18 days but can take as long as 25 days. The MMR vaccine is considered to be 88% effective after a 2-dose series, but it is still possible for vaccinated individuals to develop mumps.

The known case had onset of parotitis on March 9 and was infections from March 6 to March 14 so cases may be identified for up to 25 days after the last potential exposure (April 8).

### Recommendations:

- **Diagnostic Testing:** Maine CDC recommends that healthcare providers consider mumps testing for patients with parotitis or who are symptomatic and are a contact of a known case. Providers should collect a buccal swab in conjunction with either an oropharyngeal (throat) swab or nasopharyngeal swab for Polymerase chain reaction (PCR) testing. Whenever possible, providers should collect both a buccal swab and respiratory (throat/NP) swab should be collected. Samples may be submitted to Maine's Health and Environmental Testing Laboratory (HETL) for a fee with results available within 24 hours from the time HETL receives the samples. Other commercial laboratories can also perform testing but turnaround time may take as long as a week. Serology testing is also available: IgG and IgM testing at commercial laboratories or HETL can forward to federal CDC for IgG/IgM testing. Other illnesses can cause parotitis. Patients with parotitis and a history of respiratory symptoms should also be tested for influenza.
- **Vaccination:** A vaccine is available for mumps. Providers should ensure that patients are up to date on all routine vaccinations.
- **Isolation:** A person is most infectious in the first 5 days, so any person with mumps should be isolated for 5 days after symptom onset
- **Reporting:** All suspect cases of mumps should be reported by phone at 1-800-821-5821 or by fax at 207-287-8186 prior to laboratory confirmation

- **Recommendations for schools:** Any individual with signs or symptoms of possible mumps should visit their primary care provider immediately for clinical evaluation and laboratory testing
  - Suspect mumps cases should be isolated at home and excluded from school and all activities for 5 days after onset of parotitis.
  - Ensure vaccination records are up to date. If a mumps case is identified within a school, unvaccinated individuals will be excluded according to Maine statute.
  - Encourage students and staff to practice good hygiene including good hand washing, respiratory hygiene and not sharing drinks, eating utensils, water bottles, cigarettes or makeup etc.

Maine CDC is continuing to monitor for additional cases and will continue to provide recommendations as necessary.

**For more information:**

- Maine CDC's Mumps webpage <http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/mumps.shtml>
- Federal CDC's Mumps webpage <http://www.cdc.gov/mumps/>
- HETL requisition and submission requirements [www.mainepublichealth.gov/lab](http://www.mainepublichealth.gov/lab)