

## MEMORANDUM

TO: DeKalb County Healthcare Providers

FROM: Lisa Gonzalez, MPH  
Public Health Administrator

Michael Thornton, MD  
Medical Director

DATE: February 13, 2017

RE: **Mumps Outbreak Update**

The DeKalb County Health Department reports an outbreak of 5 cases of mumps in Northern Illinois University (NIU) students. The outbreak is primarily confined to a well-defined sub-population on campus linked by time and place. The DeKalb County Health Department continues to work in consultation with the Illinois Department of Public Health (IDPH) and the Northern Illinois University (NIU) Health Service.

During the NIU Mumps outbreak in October 2015, IDPH recommended a third dose of MMR vaccine for mumps outbreak control. The criteria used during the October 2015 outbreak for administering a third dose in a target population for mumps outbreak control included high two-dose vaccination coverage (i.e., vaccination coverage over 90 percent of the population), intense exposure settings likely to facilitate transmission (e.g., schools, colleges, correctional facilities, congregate living facilities) or healthcare settings, high attack rates (i.e., greater than 5 cases per 1000 population), and evidence of ongoing transmission for at least two weeks in the target population (i.e., population with the high attack rates). ***At this point, IDPH is not recommending a third dose of MMR vaccine.***

We are strongly recommending that any students, faculty or staff *who may not have ever* been vaccinated, or who are uncertain of their vaccination status, get vaccinated either through their personal health care provider or at the NIU Health Service for students.

Mumps, an acute vaccine-preventable viral illness transmitted by respiratory droplets and saliva, has an incubation period of 16 to 18 days (12 to 25 days min/max respectively). Up to half of people who get mumps have very mild or no symptoms, and therefore do not know they were infected with mumps. Most people with mumps recover completely in a few weeks.

The most common symptoms include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of Appetite
- Swollen and tender salivary glands on one or both sides (parotitis)
- Orchitis, oophoritis, meningitis, encephalitis, hearing loss, mastitis and pancreatitis can also occur but are rare.

**Laboratory confirmation of suspect cases is important, so buccal swabs should be collected from suspect cases and sent to a commercial laboratory that conducts Mumps PCR testing**, or you may contact the Health Department (Lorna Schmidt at 815.748.2467) to seek approval for testing at the IDPH laboratory. The optimal time for swab specimen collection is preferably within three days of onset in

those previously vaccinated or within eight days after symptom onset in unvaccinated individuals. Massaging of the buccal area for 30-45 seconds before swabbing produces the most accurate results.

Children should receive the first dose of mumps-containing vaccine, MMR, at 12 to 15 months and the second dose at 4 to 6 years. All adults born during or after 1957 should have documentation of one dose of MMR. Adults at higher risk, such as university students, health care personnel, international travelers, and person with potential mumps outbreak exposure should have documentation of two doses of mumps vaccine or other proof of immunity. While vaccination is highly effective, it does not provide 100 percent protection against the disease.

**Mumps is a reportable condition in Illinois within 24 hours.** Prevention and control measures are needed for cases and contacts, so prompt notification is critical. Patients diagnosed with mumps should self-isolate and stay home for at least five days after onset of parotitis. **Healthcare providers should report cases of mumps to the Health Department (Communicable Disease Program, 815.748.2467). You may contact the Health Department after hours at 815.758.6673.**