

MUMPS

Mid Central Public Health Service

Hello

This is to advise you that MidCentral Public Health Services has been notified of a confirmed case of mumps in a patient from Palmerston North. I would be grateful if you could circulate this information to primary healthcare providers.

This is the first notified case of mumps in MidCentral DHB for 6 years. The notified case is suspected to have had contact with a person with presumed mumps from outside the region. You will be aware that a large outbreak of mumps is currently occurring in Auckland; cases have also occurred in other regions.

Mumps is a viral infection that causes fever and painful parotid (facial gland) swelling; the illness lasts 7-10 days and usually resolves without problems, but can result in serious complications such as swelling of the testicles, and inflammation of the brain lining.

We are advising the following actions to be taken by healthcare workers who may be consulted by a person with possible mumps:

- * Notify to the public health service on suspicion
- * Obtain a diagnostic test. Arrange collection of a viral buccal swab for mumps PCR for diagnosis. The swab should be collected from the buccal area, near the upper rear molars between the cheek and gum, on the affected side of the face (if swelling is unilateral). Note that serology is rarely helpful and not routinely recommended for diagnostic purposes. The differential diagnosis of parotitis includes multiple other infectious agents, and without mumps confirmation public health interventions may be applied inappropriately.
- * Isolation. Advise that the person stays away from school, work, early childhood care or other activities outside the home (such as sports) for 5 days from start of parotitis while awaiting test results
- * Protect high risk contacts. Advise the patient and contacts to avoid contact with non-immune or immunocompromised individuals, and encourage good hand hygiene and cough etiquette. Further advice on management of contacts will be provided by the public health service.
- * Advise good hand hygiene and cough etiquette for all suspected cases to reduce transmission

Mumps is preventable by immunisation with the MMR (measles, mumps & rubella) vaccine. This is part of the routine childhood immunisation schedule in New Zealand, however in some countries and territories in the Pacific, childhood vaccination does not cover mumps.

- * We advise that primary care check MMR immunisation status and offer MMR immunisation to patients who may be susceptible.
- * This is particularly important for Pacific people from countries where vaccinations do not cover mumps, i.e. Fiji, Kiribati, Nauru, Papua New Guinea, Solomon Islands, Tonga, Tuvalu and Vanuatu.
- * Primary care and travel health should ensure pre-travel advice includes checking MMR protection. If in doubt, vaccinate. MMR vaccine is free for anyone who needs it.
- * Primary and secondary care providers should ensure all their staff (including reception and administration) are immune.

Please contact public health if you require further information. As discussed on the phone, I would be grateful if you could share this information with your Pacific team with a view to raising awareness of the need to check vaccination status and get MMR vaccinations if required, particularly among those born in the Pacific countries and territories listed above that do not vaccinate against mumps.

Kind regards

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