



# Community Medicine Newsletter

## Mumps Alert

Mumps activity continues in Vancouver Coastal Health region (Vancouver, Richmond, North Shore and Howe Sound). As some family physicians may not have yet received the latest Physicians' Update due to the mail strike, here is a summary of the salient facts:

Since February 2011 a total of 77 cases have been reported mostly in young adults.

- Median age 26 years (1 – 54 years)
- 40 males; 26 females.
- Patient residence: Whistler: 44, Squamish: 2, Pemberton: 3, North Vancouver: 3, Vancouver: 21, Richmond: 4.
- Fifty-eight cases have direct links to the Whistler region; these cases (or their house hold contacts) lived, worked or visited the Whistler region during their exposure period.
- Nineteen cases have no known link to Whistler, although several of these have been part of a household cluster or social network. More recent cases are less likely to have had links to Whistler.

Clinical presentation:

- Most cases presented with unilateral or bilateral parotitis (95.3%). Six cases (15.8% of all male cases) presented with orchitis. Other presenting symptoms include fever (59.4%), headache (26.6%), myalgia (25.6%), pharyngitis (18.8%), arthralgia (9.5%), fatigue (7.8%) and nausea (7.8%). One case reported meningitis.

Vaccine History:

- Most cases have **not** received the 2 doses of mumps-containing vaccine needed for full protection.

**We ask all primary care providers and emergency physicians to be particularly vigilant.** In the present context, parotid gland swelling +/- fever is very likely to be mumps rather than another infection.

1. Please collect or order blood for mumps IgM and IgG, as well as a buccal swab (using viral culture collection material) and urine for mumps PCR.
2. Call Communicable Disease Control at 604-983-6700 to report the case at the time of presentation. Please don't wait for lab confirmation to call.
3. **Please use all clinical opportunities to offer MMR vaccine to patients born since 1970 unless they have had two MMR immunizations. Most youth and adults born between 1970 and 1995 will NOT have had two doses of MMR, as the second dose was not included in the routine immunization schedule for this age group.** A second MMR at 18 months of age became part of routine infant immunization in 1996.

If you require further information, please contact the CD Nurse on call at 604-983-6700.

Sincerely,

A handwritten signature in black ink, appearing to read "Brian O'Connor", with a checkmark at the end.

Brian A. O'Connor, MD, MHSc  
Medical Health Officer  
Vancouver Coastal Health, North Shore