

PUBLIC HEALTH ALERT

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Regional Public Health
Better Health For The Greater Wellington Region



To:	General Practices, Pharmacists, After-Hours Centres and Emergency Departments in the greater Wellington and Wairarapa regions
From:	Dr Annette Nesdale, Medical Officer of Health
Date:	2 February 2017
Title:	Increase in Mumps

Please distribute the following Public Health Alert from the Ministry of Health to relevant staff in your organisation.

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Background

In the last months there has been an increase in mumps notifications (20 cases since 1 September 2016, which is 2 to 3 times higher as compared with the same period in previous years), with more than a third of these cases likely acquired in Fiji. This means that there is an increased risk of outbreaks in New Zealand, particularly given the upcoming start of schools and universities. Therefore health practitioners should keep a high level of suspicion for mumps.

Clinical illness

Mumps should be suspected in a person with acute onset unilateral or bilateral tenderness and swelling of the parotid or other salivary gland(s) usually accompanied or preceded by symptoms like fever, myalgia, poor appetite, malaise and headache.

Notification and exclusion

Cases of mumps are notifiable on suspicion (like cases of measles or rubella). They should be excluded from school, early childhood services or health care work and from close contact with other susceptible people for 5 days from onset of glandular swelling. For any susceptible person with close contact (for example, through household, early childhood service, school, workplace, camp, transportation or social mixing) with a mumps case during the infectious period, exclusion should be advised from school, early childhood services or work for 25 days after last exposure to the infectious case if there are other susceptible people present.

Prevention

The best prevention against mumps is immunisation with 2 doses of the measles, mumps, rubella vaccine (MMR). However, as the mumps component of the MMR vaccine is not as effective as the measles and rubella ones, cases in immunised people are more likely to occur.

Further information

For any further information, please consult the Communicable Disease Manual chapter regarding mumps: <http://www.health.govt.nz/system/files/documents/publications/cd-manual-mumps-may2012.pdf> or contact your Public Health Unit.