

January 25<sup>th</sup>, 2017

## Clinician Update: **Mumps among wrestlers in Oregon**

The Oregon Health Authority (OHA) is currently working with Marion and Lane County public health officials to investigate six suspect cases of mumps. Four of the six cases attending wrestling tournaments or matches in December 2016 and January 2017; the other two are potential secondary cases. We ask for assistance from providers to identify additional cases to help track further spread.

Five of the six suspect cases are male; three are high-school-aged children. Cases report bilateral parotid swelling (100%), fever (33%), and orchitis (2 of 5 males). One suspect case competed in the Oregon Classics in Redmond, Oregon, on January 14<sup>th</sup> while symptomatic and during the period of communicability. Public health officials are determining who participated in the tournament and those who were at highest risk of exposure in order to notify the individuals. The investigation is ongoing, so it's not yet known whether the other cases attended or wrestled at wrestling tournaments during their periods of communicability. Thus far, we have been unable to confirm mumps in any of the cases. IgM test results are pending for one case.

Most persons with mumps present with salivary gland swelling, usually parotitis. Prodromal symptoms may include low-grade fever, myalgia, anorexia, malaise, and headache. Some persons may be asymptomatic or have only nonspecific or respiratory symptoms. Complications are infrequent but include orchitis, oophoritis, and aseptic meningitis. Mumps is spread through close contact with respiratory secretions, and infected persons are most infectious 2 days before to 5 days after onset of parotitis. The incubation period of mumps is 12–25 (usually 16–18) days.

If you see a patient with salivary gland swelling:

- Include mumps in your differential diagnosis, even if the patient is fully vaccinated.
- Minimize exposure to other patients and use droplet and standard precautions.
- Collect serum, urine, and buccal swab specimens at the time of the first health care visit. Ideally, efforts should be made to collect buccal swabs within the first three days after onset of parotitis.
- Mumps testing can be performed by commercial laboratories. Please contact the laboratory for their requirements prior to specimen collection.
- If mumps is suspected, then advise the patient to self-isolate at home for 5 days from the onset of parotitis.
- Report suspected mumps to the county health department of the case's residence.

For more information or to report suspect cases, please contact your [local public health authority](#).

Resources:

- Oregon Health Authority Mumps Page: <https://public.health.oregon.gov/DiseasesConditions/DiseasesAZ/Pages/disease.aspx?did=49>
- CDC information on mumps: <https://www.cdc.gov/mumps/>
- CDC information on mumps outbreaks in the U.S.: <http://www.cdc.gov/mumps/outbreaks.html>