

# MUMPS

## Clinical Pathway for Health Professionals

Unilateral or bilateral tender, swelling of the parotid (parotitis) or other salivary gland (face, cheek or jaw,) lasting more than two days **AND** without other apparent cause.

Differential diagnosis of parotitis - EBV, adenovirus, coxsackieA, echovirus, influenzaA, parainfluenza1,3,  
Not to be confused with neck lymph node swelling

**NOTIFY ARPHS**  
Email [notification form](mailto:notify@adhb.govt.nz) to [notify@adhb.govt.nz](mailto:notify@adhb.govt.nz)  
**TAKE** buccal swab for Mumps PCR  
**EXCLUDE** case until result

**Preferred test is viral PCR**  
- Buccal swab -flocked (red top) prior to and up to day 5 of parotitis  
- Buccal swab PLUS mumps serology from day 6 to 10

**NOTIFY** (if not done previously).  
**EXCLUDE case for 5 days**  
Infectious period is from 2 days before to 5 days after parotitis  
  
**REFER** to [arphs.co.nz](http://arphs.co.nz) for the [Mumps Whānau Pack](#)  
  
If issues call Auckland Regional Public Health Service on 623 4600

**Laboratory Confirmation**

**NOT A CASE**

**Vaccinate if appropriate**

**ACTIONS for GP**

**All Cases and Close Contacts**  
**All cases should inform their close contacts**  
(Close contact is face to face contact within 1 metre)

**ADVISE**

- Supply copies of *Fact Sheet for Close Contacts Exposed to Mumps (Mumps Whanau Pack)*
- Wash hands, cover coughs, don't share saliva, disinfect surfaces
- Case or parents to inform their household, day-care (ELS), school, tertiary institution or work
- ARPHS will follow up with actions for ELS, schools, high risk settings and clusters

CHECK IF THERE ARE

### Key Points

**Any children who are close contacts and who have not received MMR or are not age appropriately immunised?**

- Age <12 months **STAY HOME – from day 12 after first contact, until day 25 after last contact**
- Age ≥ 12 months of age - Give MMR1. Recall for MMR2 at 15 months. Ensure that there is an interval of 4 weeks between MMR vaccinations. Can attend ELS or school following MMR1.
- If parent/caregiver not intending immunisation the child is to **STAY HOME – from day 12 after first contact, until day 25 after last contact**

**Any close contacts who are workers in healthcare (HC)**

- HC worker can continue to work if documented MMR2 OR has evidence of immunity
- HC worker with MMR1 should have MMR2 but must **STAY AWAY FROM WORK** for the quarantine period (from day 12 after first contact, until day 25 after last contact).
- HC worker non immune – Give MMR1, then MMR2 after 4 weeks but **MUST STAY AWAY FROM WORK** for the quarantine period (as above).
- HC workers choosing not to have MMR vaccinations must stay home in quarantine (as above).

**Any close contacts who are workers in ELS/School**

- ELS, school or tertiary education worker can continue to work if documented MMR2 or has documented MMR1 and receives MMR2 stat, OR has evidence of immunity.
- **NON-IMMUNE** staff are strongly advised to stay home in quarantine until they have received MMR1 and may then return to work. They should have MMR2 4 weeks later.

**Any close contact students and adults in other workplaces?**

- If **IMMUNE** can continue to work
- If **NOT IMMUNE** stay in quarantine from day 12 after first contact, until day 25 after last contact OR MMR vaccination and return to work
- Case to provide *Fact Sheet for Close Contacts Exposed to Mumps (Mumps Whanau Pack)*

**Any close contacts who cannot receive the MMR vaccine**  
e.g. aged less than 6 months, immunocompromised, non-immune pregnant women, those allergic to gelatin or neomycin?

**MUST** discuss with their own GP, specialist or lead maternity carer

**You are considered IMMUNE to Mumps** if you were born prior to 1982, diagnosed with mumps previously, received two doses of the MMR vaccine, or have serological (IgG) evidence of immunity.

**Resources for Mumps** <http://www.arphs.health.nz/mumps>

