

City of St. Louis Department of Health

Health Update

Melba R. Moore, MS, CPHA
Acting Director/Commissioner of Health

The City of Saint Louis Department of Health is providing this information to you through the local Health Alert Network (HAN), which is part of a nationwide program to provide rapid mass distribution of information to health providers and others whenever a disease or event threatens the health of our communities. HAN provides for a new level of defense against health threats, including the possibility of bioterrorism.

Categories of Health Alert Network Messages

Health Alerts convey information of the highest level of importance and warrants immediate action or attention.

Health Advisories provide important information for a specific incident or situation and may not require immediate action.

Health Updates provide updated information regarding an incident or situation and can also provide additional information to revise a previously issued Health Alert or Health Advisory. Health Updates are unlikely to require immediate action.



How to contact us:
Office of the Director
Health Department
1520 Market Street
Saint Louis, MO 63103-1002
Phone: (314) 612-5100
Fax: (314) 612-5105
Website:
<http://stlouis-mo.gov/government/departments/health>

DATE: December 9, 2016

SUBJECT: Update 1: Mumps Outbreak in Missouri

On November 18, 2016, the Missouri Department of Health and Senior Services (DHSS) released a Health Advisory entitled "Mumps Cases in Central Missouri". The purpose of the Advisory was to alert health care providers of the outbreak of mumps among Missouri college students, and to provide guidance on clinical and laboratory diagnosis, and measures to control infection transmission. This notification is available at:

<http://health.mo.gov/emergencies/ert/alertsadvories/pdf/advisory111816.pdf>.

No mumps cases have been reported in the City of St. Louis.

This Health Update provides new information on the status of the outbreak, and alerts all health care providers across Missouri to be vigilant regarding mumps in any patient epidemiologically linked to the outbreak at the University of Missouri in Columbia.

The Columbia/Boone County Department of Public Health and Human Services (CBCDPHHS), other local public health agencies (LPHAs) in Missouri, and DHSS continue to receive additional reports of mumps cases among persons associated with the University of Missouri in Columbia (MU). A total of 193 laboratory-confirmed and probable cases of mumps have been reported as of December 7, 2016. Although the majority of cases continue to be reported among university students, new cases epidemiologically linked to the outbreak are now beginning to occur in persons outside of the university setting. Students and other persons potentially exposed to mumps have and will continue to travel, especially during the holidays and at the end of the fall semester. Health-care providers should maintain a high index of suspicion for mumps among persons with symptoms compatible with the disease, and mumps should not be ruled out because of history of appropriate vaccination in a person with suspected mumps.

Mumps continues to have a presence on the MU campus despite the implementation of traditional control measures. An additional control measure for consideration during mumps outbreaks is the use of a third dose of measles, mumps, and rubella (MMR) vaccine. This approach has been used during prior mumps outbreaks in university settings. While no formal recommendations exist, and the effectiveness of a third MMR dose has not been clearly established, the Centers for Disease Control and Prevention (CDC) has provided guidelines for considering its use during outbreaks. Factors that might trigger this recommendation include outbreaks among populations with 2-dose MMR vaccination (coverage of >90%), intense exposure settings such as universities, evidence of sustained transmission

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(>2 weeks), and high attack rates (>5 cases per 1,000 population). An analysis of the data associated with this outbreak confirms each of these criteria has now been met. The University of Missouri in collaboration with the CBCDPHHS and DHSS are now recommending a third dose of MMR vaccine for MU students unless otherwise contraindicated. Information provided by the University of Missouri is available at: <http://studenthealth.missouri.edu/needtoknow/mumps.html>.

DHSS and CDC also recommend the following infection control measures for patients known or suspected of having mumps:

- In a healthcare setting: use droplet precautions, in addition to standard precautions, for 5 days after onset of parotitis
- Isolation in the community: The patient should stay home, not go to school or work, and avoid prolonged, close contact with other people until at least 5 days after onset of parotitis
- Cover mouth and nose with a tissue or in the elbow when coughing or sneezing, not the hands
- Wash hands often with soap and water
- Avoid sharing drinks or eating utensils
- Disinfect frequently touched surfaces, such as toys, doorknobs, tables, counters

Persons who were contacts of a mumps case during the 2 days prior through 5 days after onset of parotitis in a diseased person should be identified, assessed for evidence of immunity (see <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6204a1.htm>, Table 3), and offered vaccine as appropriate. In addition, all contacts should be educated on the symptoms of mumps, instructed to watch for symptoms from 12 to 25 days after the last exposure, and told to isolate themselves and contact their medical provider and their local health department if symptoms develop.

The Missouri State Public Health Laboratory (MSPHL) provides laboratory support for the diagnosis of mumps infections occurring in Missouri. Laboratory testing should be performed if mumps is suspected. Specimen collection should include a buccal, nasopharyngeal, or throat swab specimen in viral transport; **AND** blood specimens. **Note:** before any specimen is sent to MSPHL, DHSS must first be consulted for approval for testing as resources are limited and to ensure appropriate testing. Health care providers caring for a patient suspected of having mumps should contact their LPHA, or DHSS at 573/751-6113 or 800/392-0272 (24/7), to report suspected cases of mumps and to discuss testing at MSPHL.

For more information and guidance on mumps including, but not limited to, the challenges and availability of laboratory testing, laboratory results interpretation, controlling transmission, and links to additional resources, please visit the DHSS Health Advisory “Mumps Cases in Central Missouri” released on November 18, 2016, at:

<http://health.mo.gov/emergencies/ert/alertsadvories/pdf/advisory111816.pdf>.

Questions should be directed to DHSS’ Bureau of Communicable Disease Control and Prevention at 573/751-6113 or 800/392-0272 (24/7).