



PUBLIC ADVISORY

Eastern Health Reports Increase in Mumps

January 15, 2018 – St. John's, NL: Eastern Health is advising the public of an increase in cases of parotitis and mumps in the eastern region of Newfoundland and Labrador. Community residents are advised to protect themselves and their families through good health habits such as cover, clean, contain – clean your hands regularly with soap and water or hand sanitizer; use a tissue or your arm to cover coughs and sneezes; and contain your illness by staying home and resting.

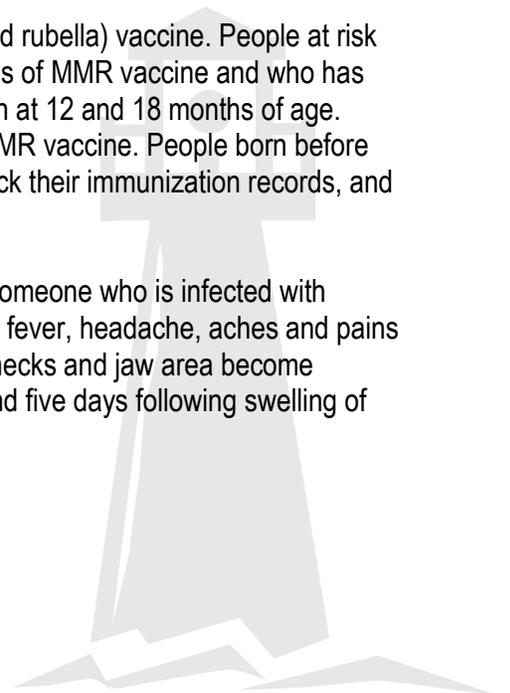
Since December 2017, there have been 19 cases of parotitis reported by physicians in the eastern region. Parotitis is the swelling of the parotid or salivary glands on one or both sides of the face. Parotitis is caused by an infection with mumps virus, influenza A or other respiratory viruses. Currently, the majority of cases are being seen in adults, however the age range is between 10 - 40 years of age. To date, six of these parotitis cases have tested positive for the mumps virus, with further results expected early this week from the National Microbiology Laboratory.

Eastern Health's Medical Officer of Health and Communicable Disease Control team are working with health-care staff to monitor the situation; investigate the cases reported to Public Health; identify close contacts of those who have tested positively for the virus; and implement the precautionary measures required to control the spread of the virus.

The mumps virus is spread through close contact with an infected person through nose and throat secretions from coughs and sneezes. It is also spread by contact with an infected person's saliva through sharing drinks, cigarettes, drinking bottles, food or by kissing.

The best protection against the mumps is the MMR (measles, mumps and rubella) vaccine. People at risk of contracting the mumps include anyone who has not received two doses of MMR vaccine and who has never had mumps. All children in the province receive mumps vaccination at 12 and 18 months of age. Most of the people born after 1983 should have received two doses of MMR vaccine. People born before 1970 are considered immune. Individuals born in 1970 and later can check their immunization records, and a second dose of vaccine can be considered for added protection.

Symptoms of mumps may appear from 12 to 25 days after contact with someone who is infected with mumps, and usually begin with nonspecific symptoms such as low-grade fever, headache, aches and pains and loss of appetite. After one or more days, the salivary glands in the cheeks and jaw area become swollen and painful. Individuals are infectious up to seven days before and five days following swelling of the salivary glands.



Mumps can cause serious complications in infants under one year of age; pregnant women in their first trimester; and people who have problems with their immune system may have difficulty fighting off the infection.

There is no effective treatment for mumps, only supportive treatment which includes bed rest, fluids, fever and pain reduction with acetaminophen. Hot or cold compresses may also ease the pain in the salivary glands.

If you think you have been in contact with a case of mumps or that you have symptoms of mumps, stay home for five days after the swelling has developed, and call your health-care provider's office. Tell them about your symptoms and that you may have been exposed to the mumps virus so that they can arrange appropriate measures for the time of your appointment to prevent the infection from being passed to others.

Persons diagnosed with mumps or suspected of having mumps should not attend daycare, school or work; should not participate in group activities; and should refrain from having visitors for five days following the start of salivary gland swelling or until a diagnosis of mumps is ruled out by laboratory testing.

Avoid activities such as kissing or sharing food, drinks, cigarettes, drinking bottles, or musical instruments where you may come into contact with saliva. When coughing and sneezing, cover your mouth and nose with a tissue, or use your sleeve. Always wash your hands after coughing or sneezing.

For more information about mumps, talk to your health-care provider, a public health nurse or visit [Eastern Health's web site](#). If you were born in 1970 and later and would like to check your immunization status, please call your local Eastern Health Public Health office at <http://www.easternhealth.ca/WebInWeb.aspx?d=2&id=1544&p=1532>. For inquiries after 4:30 p.m., please call your Public Health office to leave a message. Calls will be returned within 24 hours.

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