

Updated Alert: Mumps Outbreaks on U.S. College Campuses
March 15, 2016

Since a previous alert in November 2015, additional outbreaks of mumps have occurred at many college campuses in the Eastern and Midwestern United States. As of March 14, 2016, at least [five undergraduate students at the University of San Diego \(USD\) have been recently diagnosed with mumps](#). **As students return from their travels during Spring Break, there may be additional opportunities for mumps to be introduced onto your campus.**

Mumps is an acute viral infection with a nonspecific prodrome that includes muscle aches, loss of appetite, malaise, headache, or fever, followed in 60-70% of cases by tender swelling, uni- or bilateral, of the parotid or other salivary glands. Debilitating inflammation of the testicles or ovaries may follow. Complications include encephalitis, spontaneous abortion, and deafness.

In recent mumps outbreaks most cases report having received two doses of MMR vaccine; a history of appropriate vaccination does not rule out mumps in persons with compatible symptoms.

We encourage you to:

- Remind students who have had fewer than two doses of MMR vaccine to catch up in order to reduce (but not eliminate) their risk of catching mumps during and after Spring Break.
- Train student health staff to identify symptoms of mumps.
- Review mumps testing guidance (<https://www.cdph.ca.gov/HealthInfo/discond/Documents/20111014CDPHMumpsLabTesting.pdf>), and mumps case investigation guidelines (<https://www.cdph.ca.gov/programs/immunize/Documents/CDPHMumpsQuicksheet.pdf>),
- Identify your local health department contacts.
- Consider the potential consequences of a mumps outbreak on your campus, including the need for isolation facilities for cases, testing supplies, and resources to perform mass vaccination clinics.

All clinicians should be aware of the possibility of mumps in their assessments, including phone advice and triage. If you suspect a case of mumps on your campus, please

- Contact your local health department for notification and assistance in diagnostic testing.
- Obtain a buccal swab specimen for pcr testing, the preferred diagnostic method for mumps in vaccinated persons. Serology (mumps IgM) is not informative in vaccinated persons.
- Isolate the patient from others (at a residential or health care setting depending on clinical status) for 5 days after the onset of parotitis.

Mumps can spread quickly on college campuses, even when most students have had two doses of MMR vaccine. We appreciate your efforts to protect the health of students and continue to update you if the situation in California changes.