

Date: April 26, 2006

## GRUNDY COUNTY HEALTH DEPARTMENT ISSUES MUMPS RECOMMENDATIONS

There is an increased risk for mumps in Missouri related to a large outbreak of the disease in Iowa and additional reports of cases in many other states including Missouri. While the age of those who have become ill ranges from one to sixty, most of the cases are occurring in those 18-25. A substantial number of these individuals had documentation of receiving two doses of a mumps-containing vaccine.

As of April 26, there have been no confirmed cases of mumps reported in Grundy County.

The Advisory Committee on Immunization Practices (ACIP) recommends that all preschool-aged children 12 months of age and older receive 1 dose of measles-mumps-rubella vaccine (MMR), all school-aged children receive two doses of MMR, and to ensure that all adults have evidence of immunity against mumps.

The Missouri Department of Health and Senior Services recommend offering MMR to persons without evidence of immunity. Evidence of immunity includes:

- having had the mumps infection
- being born before 1957
- having received one dose of the MMR vaccine

Although persons born prior to 1957 are usually considered immune, vaccination during an outbreak may be considered for this age group if the epidemiology of the outbreak suggests that they are at increased risk of disease.

The Grundy County Health Department recommends the following:

- Any child who is behind on the regular MMR schedule should be brought up to date.
- Adults who have not had mumps, were born after 1957, and have not had one MMR vaccination should receive one. (One dose of mumps was required for school attendance for the 1980-1981 school year. A second dose of mumps-containing vaccine was added to school requirements in 1991-1992. Therefore, it is very likely that people 31 years of age or younger have had one or more doses and those 25 years of age or younger have had two doses.)

All adults in the following categories who have not had two doses should have one:

- health care workers
- school-aged children
- students at post-high school educational institutions

- groups considered at high risk of exposure

The Department of Health and Senior Services strongly recommends that health care facilities provide vaccine to employees that are neither fully immunized nor have confirmation of immunity.

**Third doses of MMR are unnecessary and not recommended.**

If you are unsure about whether you need the vaccine, check with your doctor, local health clinic, or local public health department.

Other recommendations:

- If you think you have been exposed, contact your doctor for instructions. Your physician may want you to receive an immunization if you have no vaccine history.
- As with any disease, practicing good health habits helps prevent the spread of mumps. Good hand washing, covering a cough or sneeze with tissue or the crook of the elbow, and staying home from work, school or day-care when sick are the best ways to help control the spread of illness.
- If you are sick and suspect you have mumps, contact your doctor and do not go to work or school; stay home. The most common symptoms are fever, headache, muscle aches, tiredness and loss of appetite followed by swollen and tender salivary glands under the ears, either on one or both sides. Of those who get the mumps, up to half have very mild or no symptoms, and may not even know they were infected with the mumps virus. People are contagious approximately three days before they experience any symptoms until nine days after the onset.

For more information or to ask questions, contact the Grundy County Health Department at 359-4196 or visit the Centers of Disease Control and Prevention's web site at [www.cdc.gov](http://www.cdc.gov).