

## Mumps

Mumps is an acute viral illness. Parotitis and orchitis were described by Hippocrates in the 5th century BCE. In 1934, Johnson and Goodpasture showed that mumps could be transmitted from infected patients to rhesus monkeys and demonstrated that mumps was caused by a filterable agent present in saliva. This agent was later shown to be a virus. Mumps was a frequent cause of outbreaks among military personnel in the prevaccine era, and was one of the most common causes of aseptic meningitis and sensorineural deafness in childhood. During World War I, only influenza and gonorrhea were more common causes of hospitalization among soldiers. A multistate mumps outbreak in 2006 resulted in more than 6,000 reported cases.

## Mumps Virus

Mumps virus is a paramyxovirus in the same group as parainfluenza and Newcastle disease virus. Parainfluenza and Newcastle disease viruses produce antibodies that cross-react with mumps virus. The virus has a single-stranded RNA genome.

The virus can be isolated or propagated in cultures of various human and monkey tissues and in embryonated eggs. It has been recovered from the saliva, cerebrospinal fluid, urine, blood, milk, and infected tissues of patients with mumps.

Mumps virus is rapidly inactivated by formalin, ether, chloroform, heat, and ultraviolet light.

## Pathogenesis

The virus is acquired by respiratory droplets. It replicates in the nasopharynx and regional lymph nodes. After 12–25 days a viremia occurs, which lasts from 3–5 days. During the viremia, the virus spreads to multiple tissues, including the meninges, and glands such as the salivary, pancreas, testes, and ovaries. Inflammation in infected tissues leads to characteristic symptoms of parotitis and aseptic meningitis.

## Clinical Features

The incubation period of mumps is 14–18 days (range, 14–25 days). The prodromal symptoms are nonspecific, and include myalgia, anorexia, malaise, headache, and low-grade fever.

Parotitis is the most common manifestation and occurs in 30%–40% of infected persons. Parotitis may be unilateral or bilateral, and any combination of single or multiple salivary glands may be affected. Parotitis tends to occur within the first 2 days and may first be noted as earache and tenderness on palpation of the angle of the jaw. Symptoms tend to decrease after 1 week and usually resolve after 10 days.

### Mumps

- Acute viral illness
- Parotitis and orchitis described by Hippocrates in 5th century BCE
- Viral etiology described by Johnson and Goodpasture in 1934
- Frequent cause of outbreaks among military personnel in prevaccine era

### Mumps Virus

- Paramyxovirus
- RNA virus
- One antigenic type
- Rapidly inactivated by chemical agents, heat, and ultraviolet light

### Mumps Pathogenesis

- Respiratory transmission of virus
- Replication in nasopharynx and regional lymph nodes
- Viremia 12-25 days after exposure with spread to tissues
- Multiple tissues infected during viremia

### Mumps Clinical Features

- Incubation period 14-18 days
- Nonspecific prodrome of myalgia, malaise, headache, low-grade fever
- Parotitis in 30%-40%
- Up to 20% of infections asymptomatic

## Mumps Complications

CNS involvement	15% of clinical cases
Orchitis	20%-50% in post-pubertal males
Pancreatitis	2%-5%
Deafness	1/20,000
Death	Average 1 per year (1980 – 1999)

As many as 20% of mumps infections are asymptomatic. An additional 40%–50% may have only nonspecific or primarily respiratory symptoms.

## Complications

Central nervous system (CNS) involvement in the form of aseptic meningitis (inflammatory cells in cerebrospinal fluid) is common, occurring asymptotically in 50%–60% of patients. Symptomatic meningitis (headache, stiff neck) occurs in up to 15% of patients and resolves without sequelae in 3–10 days. Adults are at higher risk for this complication than are children, and boys are more commonly affected than girls (3:1 ratio). Parotitis may be absent in as many as 50% of such patients. Encephalitis is rare (less than 2 per 100,000 mumps cases).

Orchitis (testicular inflammation) is the most common complication in postpubertal males. It occurs in as many as 50% of postpubertal males, usually after parotitis, but it may precede it, begin simultaneously, or occur alone. It is bilateral in approximately 30% of affected males. There is usually abrupt onset of testicular swelling, tenderness, nausea, vomiting, and fever. Pain and swelling may subside in 1 week, but tenderness may last for weeks. Approximately 50% of patients with orchitis have some degree of testicular atrophy, but sterility is rare.

Oophoritis (ovarian inflammation) occurs in 5% of postpubertal females. It may mimic appendicitis. There is no relationship to impaired fertility.

Pancreatitis is infrequent, but occasionally occurs without parotitis; the hyperglycemia is transient and is reversible. Although single instances of diabetes mellitus have been reported, a causal relationship with mumps virus infection has yet to be conclusively demonstrated; many cases of temporal association have been described both in siblings and individuals, and outbreaks of diabetes have been reported a few months or years after outbreaks of mumps.

Deafness caused by mumps virus occurs in approximately 1 per 20,000 reported cases. Hearing loss is unilateral in approximately 80% of cases and may be associated with vestibular reactions. Onset is usually sudden and results in permanent hearing impairment.

Electrocardiogram changes compatible with myocarditis are seen in 3%–15% of patients with mumps, but symptomatic involvement is rare. Complete recovery is the rule, but deaths have been reported.

Other less common complications of mumps include arthralgia, arthritis, and nephritis. An average of one death from mumps per year was reported during 1980–1999.

## Laboratory Diagnosis

The diagnosis of mumps is usually suspected based on clinical manifestations, in particular the presence of parotitis.

Mumps virus can be isolated from clinical specimens. The preferred sample for viral isolation is a swab from the parotid duct, or the duct of another affected salivary gland. Collection of viral samples from persons suspected of having mumps is strongly recommended. Mumps virus can also be detected by polymerase chain reaction (PCR).

Serology is the simplest method for confirming mumps virus infection and enzyme immunoassay (EIA), is the most commonly used test. EIA is widely available and is more sensitive than other serologic tests. It is available for both IgM and IgG. IgM antibodies usually become detectable during the first few days of illness and reach a peak about a week after onset. However, as with measles and rubella, mumps IgM may be transient or missing in persons who have had any doses of mumps-containing vaccine. Sera should be collected as soon as possible after symptom onset for IgM testing or as the acute-phase specimen for IgG seroconversion. Convalescent-phase sera should be collected 2 weeks later. A negative serologic test, especially in a vaccinated person, should not be used to rule out a mumps diagnosis because the tests are not sensitive enough to detect infection in all persons with clinical illness. In the absence of another diagnosis, a person meeting the clinical case definition should be reported as a mumps case.

## Epidemiology

### Occurrence

Mumps occurs worldwide.

### Reservoir

Mumps is a human disease. Although persons with asymptomatic or nonclassical infection can transmit the virus, no carrier state is known to exist.

### Transmission

Mumps is spread through airborne transmission or by direct contact with infected droplet nuclei or saliva.

### Temporal Pattern

Mumps incidence peaks predominantly in late winter and spring, but the disease has been reported throughout the year.

### Mumps Laboratory Diagnosis

- Isolation of mumps virus
- Detection of mumps antigen by PCR
- Serologic testing
  - positive IgM antibody
  - significant increase in IgG antibody between acute and convalescent specimens

### Mumps Epidemiology

- |                    |  |
|--------------------|--|
| • Reservoir        | Human<br>Asymptomatic infections may transmit                |
| • Transmission     | Respiratory droplet nuclei                                   |
| • Temporal pattern | Peak in late winter and spring                               |
| • Communicability  | Three days before to four days after onset of active disease |

# Mumps

## Communicability

Contagiousness is similar to that of influenza and rubella, but is less than that for measles or varicella. The infectious period is considered to be from 3 days before to the 4th day of active disease; virus has been isolated from saliva 7 days before to 9 days after onset of parotitis.

## Secular Trends in the United States

Mumps became a nationally reportable disease in the United States in 1968. However, an estimated 212,000 cases occurred in the United States in 1964. Following vaccine licensure, reported mumps decreased rapidly. Approximately 3,000 cases were reported annually in 1983–1985 (1.3–1.55 cases per 100,000 population).

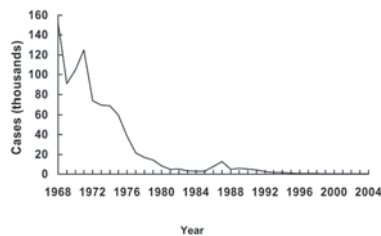
In 1986 and 1987, there was a relative resurgence of mumps, which peaked in 1987, when 12,848 cases were reported. The highest incidence of mumps during the resurgence was among older school-age and college-age youth (10–19 years of age), who were born before routine mumps vaccination was recommended. Mumps incidence in this period correlated with the absence of comprehensive state requirements for mumps immunization. Several mumps outbreaks among highly vaccinated school populations were reported, indicating that high coverage with a single dose of mumps vaccine did not always prevent disease transmission, probably because of vaccine failure.

Since 1989, the number of reported mumps cases has steadily declined, from 5,712 cases to a total of 258 cases in 2004. In 2006 a multistate mumps outbreak resulted in more than 6,000 reported cases. Eight states in the Midwest reported the majority of cases. The outbreak peaked in mid-April. The median age of persons reported with mumps was 22 years. Many cases occurred among college students, many of whom had received one or two doses of MMR vaccine.

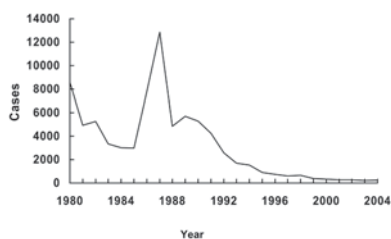
Before vaccine licensure in 1967, and during the early years of vaccine use, most reported cases occurred in the 5–9-year age group; 90% of cases occurred among children 15 years of age and younger. In the late 1980s, there was a shift towards older children. Since 1990, persons age 15 years and older have accounted for 30%–40% of cases per year (42% in 2002). Males and females are affected equally.

Eighty percent or more of adults in urban and suburban areas with or without a history of mumps have serologic evidence of immunity.

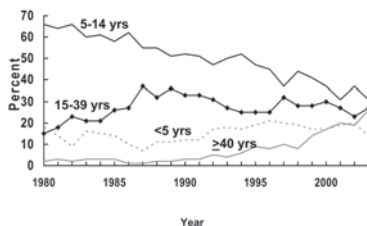
**Mumps—United States, 1968-2004**



**Mumps—United States, 1980-2004**



**Mumps—United States, 1980-2003  
Age Distribution of Reported Cases**



## Case Definition

The clinical case definition of mumps is an acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary gland lasting more than 2 days and without other apparent cause.

## Mumps Vaccine

### Characteristics

Mumps virus was isolated in 1945, and an inactivated vaccine was developed in 1948. This vaccine produced only short-lasting immunity, and its use was discontinued in the mid-1970s. The currently used Jeryl Lynn strain of live attenuated mumps virus vaccine was licensed in December 1967.

Mumps vaccine is available as a single-antigen preparation, combined with rubella vaccine, combined with measles and rubella vaccines, or combined with mumps, rubella, and varicella vaccine as MMRV (ProQuad). The Advisory Committee on Immunization Practices (ACIP) recommends that MMR be used when any of the individual components is indicated. Use of single-antigen mumps vaccine is not recommended.

Mumps vaccine is prepared in chick embryo fibroblast tissue culture. MMR and MMRV are supplied as a lyophilized (freeze-dried) powder and are reconstituted with sterile, preservative-free water. The vaccine contains small amounts of human albumin, neomycin, sorbitol, and gelatin.

### Immunogenicity and Vaccine Efficacy

Mumps vaccine produces an inapparent, or mild, noncommunicable infection. More than 97% of recipients of a single dose develop measurable antibody. Seroconversion rates are similar for single antigen mumps vaccine, MMR, and MMRV. Postlicensure studies conducted in the United States during 1973–1989 determined that 1 dose of mumps or MMR vaccine was 75%–91% effective. A study from the United Kingdom documented vaccine effectiveness of 88% with 2 doses. The duration of vaccine-induced immunity is believed to be greater than 25 years, and is probably lifelong in most vaccine recipients.

### Mumps Clinical Case Definition

- Acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary gland lasting more than 2 days and without other apparent cause

### Mumps Vaccine

- **Composition** Live virus (Jeryl Lynn strain)
- **Efficacy** 95% (Range, 90%-97%)
- **Duration of Immunity** Lifelong
- **Schedule** At least 1 dose
- **Should be administered with measles and rubella (MMR) or with measles, rubella and varicella (MMRV)**

## Mumps (MMR) Vaccine Indications

- One dose (as MMR) for preschool-age children 12 months of age and older and persons born during or after 1957 not at high risk of mumps exposure
- Second dose (as MMR) for school-age children and adults at high risk of mumps exposure (i.e., healthcare personnel, international travelers and students at post-high school educational institutions)

## Vaccination Schedule and Use

One dose of mumps-containing vaccine is routinely recommended for all preschool-age children 12 months of age and older and for persons born during or after 1957 not at high risk of mumps exposure. The first dose of mumps-containing vaccine should be given on or after the first birthday. Mumps-containing vaccine given before 12 months of age should not be counted as part of the series. Children vaccinated with mumps-containing vaccine before 12 months of age should be revaccinated with two doses of MMR vaccine, the first of which should be administered when the child is at least 12 months of age.

In 2006, ACIP recommended a second dose of mumps vaccine for school-age children and for adults at high risk of mumps exposure (i.e., healthcare personnel, international travelers, and students at post-high school educational institutions). The combined MMR vaccine is recommended for both doses to ensure immunity to all three viruses.

The second dose of MMR vaccine should be given routinely at age 4–6 years, before a child enters kindergarten or first grade. The recommended health visit at age 11–12 years can serve as a catch-up opportunity to verify vaccination status and administer MMR vaccine to those children who have not yet received two doses of MMR. The second dose of MMR may be administered as soon as 4 weeks (i.e., 28 days) after the first dose.

Only doses of vaccine with written documentation of the date of receipt should be accepted as valid. Self-reported doses or a parental report of vaccination is not considered adequate documentation. A clinician should not provide an immunization record for a patient unless that clinician has administered the vaccine or has seen a record that documents vaccination. Persons who lack adequate documentation of vaccination or other acceptable evidence of immunity should be vaccinated. Vaccination status and receipt of all vaccinations should be documented in the patient's permanent medical record and in a vaccination record held by the individual.

MMRV is approved by the Food and Drug Administration for children 12 months through 12 years of age (that is, until the 13th birthday). MMRV should not be administered to persons 13 years of age or older.

## Mumps Immunity

Generally, persons can be considered immune to mumps if they were born before 1957, have serologic evidence of mumps immunity, have documentation of physician-diagnosed mumps, or have documentation of vaccination with at least one dose of live mumps vaccine on or after their first birthday. Demonstration of mumps IgG antibody by any commonly used serologic assay is acceptable evidence of mumps immunity. Persons who have an “equivocal” serologic test result should be considered susceptible to mumps.

Although persons born before 1957 can generally be considered to be immune to mumps, ACIP recommends that healthcare facilities should strongly consider recommending 2 doses of MMR vaccine to unvaccinated healthcare workers born before 1957 who do not have other evidence of mumps immunity, such as laboratory evidence of immunity.

## Postexposure Prophylaxis

Neither mumps immune globulin nor immune globulin (IG) is effective postexposure prophylaxis. Vaccination after exposure is not harmful and may possibly avert later disease.

## Adverse Reactions Following Vaccination

Mumps vaccine is very safe. Most adverse events reported following MMR vaccine (such as fever, rash, and joint symptoms) are attributable to the measles or rubella components. No adverse reactions were reported in large-scale field trials. Subsequently, parotitis and fever have been reported rarely. A few cases of orchitis (all suspect) also have been reported.

Rare cases of CNS dysfunction, including cases of deafness, within 2 months of mumps vaccination have been reported. The calculated incidence of CNS reactions is approximately one per 800,000 doses of Jeryl Lynn strain of mumps vaccine virus. The Institute of Medicine (1993) concluded that evidence is inadequate to accept or reject a causal relationship between the Jeryl Lynn strain of mumps vaccine and aseptic meningitis, encephalitis, sensorineural deafness, or orchitis.

Allergic reactions, including rash, pruritus, and purpura, have been temporally associated with vaccination, but these are transient and generally mild.

### Mumps Immunity

- Born before 1957
- Serologic evidence of mumps immunity
- Documentation of physician-diagnosed mumps
- Documentation of adequate vaccination

### Mumps Immunity

- Healthcare facilities should strongly consider recommending 2 doses of MMR vaccine to unvaccinated workers born before 1957 who do not have other evidence of mumps immunity

### MMR Adverse Reactions

- |                    |                    |
|--------------------|--------------------|
| • Fever            | 5%-15%             |
| • Rash             | 5%                 |
| • Joint symptoms   | 25%                |
| • Thrombocytopenia | <1/30,000 doses    |
| • Parotitis        | rare               |
| • Deafness         | rare               |
| • Encephalopathy   | <1/1,000,000 doses |

## **MMR Vaccine Contraindications and Precautions**

- Severe allergic reaction to vaccine component or following a prior dose
- Pregnancy
- Immunosuppression
- Moderate or severe acute illness
- Recent blood product

## **Measles and Mumps Vaccines and Egg Allergy**

- Measles and mumps viruses grown in chick embryo fibroblast culture
- Studies have demonstrated safety of MMR in egg allergic children
- Vaccinate without testing

## **Contraindications and Precautions to Vaccination**

Persons who have experienced a severe allergic reaction (i.e., hives, swelling of the mouth or throat, difficulty breathing, hypotension, shock) following a prior dose of mumps vaccine or to a vaccine component (e.g., gelatin, neomycin), should generally not be vaccinated with MMR.

In the past, persons with a history of anaphylactic reactions following egg ingestion were considered to be at increased risk of serious reactions after receipt of measles- or mumps-containing vaccines, which are produced in chick embryo fibroblasts. However, data suggest that most anaphylactic reactions to measles- and mumps-containing vaccines are not associated with hypersensitivity to egg antigens but to other components of the vaccines (such as gelatin). The risk for serious allergic reactions such as anaphylaxis following receipt of these vaccines by egg-allergic persons is extremely low, and skin-testing with vaccine is not predictive of allergic reaction to vaccination. As a result, MMR may be administered to egg-allergic children without prior routine skin-testing or the use of special protocols.

MMR vaccine does not contain penicillin. A history of penicillin allergy is not a contraindication to MMR vaccination.

Pregnant women should not receive mumps vaccine, although the risk in this situation is theoretic. There is no evidence that mumps vaccine virus causes fetal damage. Pregnancy should be avoided for 4 weeks after vaccination with MMR vaccine.

Persons with immunodeficiency or immunosuppression resulting from leukemia, lymphoma, generalized malignancy, immune deficiency disease, or immunosuppressive therapy should not be vaccinated. However, treatment with low-dose (less than 2 mg/kg/day), alternate-day, topical, or aerosolized steroid preparations is not a contraindication to mumps vaccination. Persons whose immunosuppressive therapy with steroids has been discontinued for 1 month (3 months for chemotherapy) may be vaccinated. See Chapter 10, Measles, for additional details on vaccination of immunosuppressed persons, including those with human immunodeficiency virus infection.

Persons with moderate or severe acute illness should not be vaccinated until the illness has improved. Minor illness (e.g., otitis media, mild upper respiratory infections), concurrent antibiotic therapy, and exposure or recovery from other illnesses are not contraindications to mumps vaccination.



Receipt of antibody-containing blood products (e.g., immune globulin, whole blood or packed red blood cells, intravenous immune globulin) may interfere with seroconversion following mumps vaccination. Vaccine should be given 2 weeks before, or deferred for at least 3 months following, administration of an antibody-containing blood product. See Chapter 2, General Recommendations on Immunization, for details.

A family history of diabetes is not a contraindication for vaccination.

### **Vaccine Storage and Handling**

MMR vaccine must be shipped with refrigerant to maintain a temperature of 50°F (10°C) or less at all times. Vaccine must be refrigerated immediately on arrival and protected from light at all times. The vaccine must be stored at refrigerator temperature (35°–46°F [2°–8°C]), but may be frozen. Diluent may be stored at refrigerator temperature or at room temperature. MMRV must be shipped to maintain a temperature of -4°F (-20°C) or less at all times. It must be stored at an average temperature of 5°F (-15°C) or less at all times.

After reconstitution, MMR vaccines must be stored at refrigerator temperature and protected from light. Reconstituted vaccine should be used immediately. If reconstituted vaccine is not used within 8 hours, it must be discarded. MMRV must be administered within 30 minutes of reconstitution.

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