

Mumps: Infection Prevention and Control Information for Health Care Workers

Infectious agent	Mumps virus, a member of the family Paramyxoviridae, genus Rubulavirus. ¹
Clinical presentation	Most typical symptoms include pain, swelling and tenderness in one or more salivary glands, usually parotitis and/or orchitis. Nonspecific prodromal symptoms can include low-grade fever, anorexia, malaise, and headache. Respiratory symptoms may present in approximately half of infected persons, and some may be asymptomatic/subclinical infections. ^{2,3} For additional information on clinical presentation, complications and sequelae, refer to information for health care providers from Public Health Agency of Canada (PHAC) and U.S. Centre for Disease Control and Prevention (CDC) .
Reservoir and Source	Humans
Surveillance	Refer to BC Centre for Disease Control (BCCDC)'s Reportable Diseases Dashboard and Summaries .
Transmission	Spread by direct contact with respiratory droplets/saliva of a mumps-infected person, including coughing, sneezing, sharing drinks, or kissing. ²⁻⁴
Incubation	Commonly between 16 and 18 days, with a range from 12 to 25 days. ¹
Communicable period	Commonly between 2 days before and up to 5 days after onset of symptoms, although the virus has been isolated from infected persons 7 days before onset to 9 days after. ¹⁻³
Case definition	Refer to BCCDC's mumps case definitions for confirmed, probable, and suspect cases. ⁵
Laboratory testing	Refer to BCCDC's Laboratory Services and Communicable Disease Control Manual Mumps section for information on laboratory testing.
Notification	Mumps is a reportable communicable disease under the Public Health Act. ⁶ <ul style="list-style-type: none"> • Notify and consult with local Medical Health Officer/Public Health as soon as possible to initiate follow-up, appropriate isolation, and testing. • Notify and consult with your infection prevention and control (IPC) team (where available).
Immunization	Mumps is a vaccine preventable disease. <ul style="list-style-type: none"> • Ensure health care worker immunizations are up to date. Refer to BCCDC Immunization Manual for information on recommended vaccines for health care workers.⁷ • Encourage patients to be up to date with their immunizations. Refer to the BCCDC for information on available vaccines for mumps.⁸ • Vaccinated people may still get mumps and transmit the disease; however, symptoms are usually milder and complications are less frequent.³
Infection prevention and control recommendations in health care settings	
Case management	
For patients presenting with symptoms and/or are suspected/confirmed to have mumps: <ul style="list-style-type: none"> • Provide instructions to wear a medical mask (if tolerated) and clean their hands. 	

- In addition to following routine practices, implement droplet precautions:⁴
 - Health-care workers should wear a medical mask and eye protection and wear additional personal protective equipment based on [point-of-care risk assessment \(PCRA\)](#).
 - Place droplet precautions sign at the entrance to the patient room. Refer to the provincial [additional precautions signs](#) on the PICNet website.
 - Place patient in a single occupancy room and consult with Infection Prevention and Control (IPC) professional/team.
 - Continue droplet precautions until 5 days after symptom onset.

Exposure and Contact Management

- For patient exposure and contact management, consult with Public Health and IPC professional/team (where available). Refer to BCCDC's [Communicable Disease Control Manual Mumps](#) section on contact management.
- For health-care worker exposures and contact management, consult with Public Health and the [Provincial Workplace Health Contact Centre](#) (for health authority operated settings). Refer to BCCDC's [Communicable Disease Control Manual Mumps](#) section on contact management and PICNet's [Management of Health Care Providers Pre and Post Exposure to Measles, Mumps or Rubella \(MMR\)](#).

Additional Resources

- BC Centre for Disease Control (BCCDC). [Communicable Disease Control Manual Mumps](#) (June 2014)
- PICNet. [Management of Health Care Providers Pre and Post Exposure to Measles, Mumps or Rubella \(MMR\)](#) (May 2011)
- HealthLink BC. [Mumps](#). (August 2022)
- Public Health Agency of Canada (PHAC). [Mumps For Health Professionals](#) (November 2014)
- Public Health Agency of Canada (PHAC). [Routine Practices and Additional Precautions for Preventing the Transmission of Infection in Healthcare Settings](#) (September 2017)
- U.S. Centres for Disease Control and Prevention (CDC). [Mumps for Healthcare Providers](#) (March 2024)

References

1. Heymann, D.L. *Control of Communicable Diseases Manual*. 19th ed. American Public Health Association; 2008.
2. Public Health Agency of Canada (PHAC). *Mumps For Health Professionals*. Published November 24, 2014. Accessed March 26, 2024. <https://www.canada.ca/en/public-health/services/immunization/vaccine-preventable-diseases/mumps/health-professionals.html>
3. Centers for Disease Control and Prevention (CDC). *Mumps For Healthcare Providers*. Centers for Disease Control and Prevention. Published March 7, 2024. Accessed March 26, 2024. <https://www.cdc.gov/mumps/hcp.html>
4. Public Health Agency of Canada (PHAC). *Routine Practices and Additional Precautions for Preventing the Transmission of Infection in Healthcare Settings*. Published online September 26, 2017. Accessed March 27, 2024. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/routine-practices-precautions-healthcare-associated-infections.html>
5. BC Centre for Disease Control (BCCDC). *Mumps*. Accessed March 26, 2024. <http://www.bccdc.ca/health-info/diseases-conditions/mumps>
6. Government of British Columbia. *Reporting Information Affecting Public Health Regulation, Public Health Act*. Accessed March 26, 2024. https://www.bclaws.gov.bc.ca/civix/document/id/lc/statreg/167_2018
7. BC Centre for Disease Control (BCCDC). *BC Immunization Manual, Part 2: Immunization of Special Populations*. Accessed March 26, 2024. <http://www.bccdc.ca/health-professionals/clinical-resources/communicable-disease-control-manual/immunization/immunization-of-special-populations>
8. BC Centre for Disease Control (BCCDC). *Vaccines in BC*. Accessed March 26, 2024. <http://www.bccdc.ca/health-professionals/clinical-resources/vaccines-in-bc>