

MEASLES MUMPS RUBELLA VACCINATION - Information for NSW GPs

Please distribute this information to all clinicians

1. **Many young adults lack immunity to mumps, measles or rubella**
2. **There are clusters of mumps cases in several regions of NSW**
3. **MMR vaccine is free in NSW for people born after 1965, and is especially important for those planning overseas travel or pregnancy**

Current situation: 15 cases of mumps were notified in May, bringing the total number of notified cases in 2013 to 39. It is likely there are many more cases that have not been laboratory confirmed.

As with recent measles outbreaks, mumps is usually introduced to NSW by returning travellers. Young adults, from 18 – 39 years, are most affected. This is probably because they did not receive two doses of mumps vaccine in childhood.

Transmission

- Aerosol or droplet. Also direct salivary transmission.
- Incubation period ranges from 12 – 25 days (usually 16 – 18 days).
- Cases are infectious from seven days before parotitis to nine days after. Peak infectivity is two days before onset of illness to four days after.

Clinical symptoms and signs

- Fever, swelling and tenderness of one or more salivary glands. Also headache, anorexia and fatigue
- Orchitis (usually unilateral) in up to 30% of post-pubertal males; sterility is extremely rare.
- Other manifestations include meningitis, encephalitis, pancreatitis, respiratory symptoms (common in children under 5 years) and spontaneous first trimester abortion.

Diagnosis

- Serology – IgM detection or a significant increase in IgG in the absence of recent vaccination.
- Buccal or throat viral swab collected within 7 days of onset of symptoms for culture or PCR.

Case management

- Supportive – analgesia, antipyretics
- **Exclude** from work, school or child care for 9 days from the onset of swelling
- **Notify** your local Public Health Unit (PHU) on 1300 066 055.

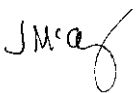
Prevention

- ✓ Routinely immunise infants at 12 months and children at 4 years with a free MMR vaccine (from 1 July the second dose should be given at 18 months as MMRV)
- ✓ Vaccinate unimmunised people born after 1965 for a total of two free doses of MMR vaccine; this is especially important for young adults planning overseas travel or women planning pregnancy.

Further Information:

NSW Health website: www.health.nsw.gov.au/Infectious/factsheets/Pages/Mumps.aspx

Public Health Units: 1300 066 055



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