



# Hidalgo County Health and Human Services Department

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## This is an Official Hidalgo County Health Advisory April 12, 2019

As of April 12, 2019, Hidalgo County has received six confirmed cases and fourteen probable cases of Mumps. In addition, Hidalgo County Health and Human Services is investigating an additional six reports of parotitis, with suspicion of Mumps.

### **Background**

Mumps is a contagious viral illness. Mumps symptoms include parotitis (swollen or tender salivary glands), orchitis (swollen or tender testicles), low grade fever, malaise (tiredness), and/or myalgia (muscle aches). Nevertheless, some individuals do not exhibit any symptoms.

Mumps is spread through respiratory droplets (created when you cough and sneeze) and saliva. Sharing cups and utensils may also spread the virus. The time from being infected with the virus to developing symptoms can be as long as 25 days, but is typically 14-18 days. People with mumps are infectious three days before to five days after the onset of parotitis. Infected people without symptoms of mumps may still be able to transmit the virus.

### **Recommendations**

Children usually receive the first mumps, measles, and rubella vaccine (MMR) at 12-15 month of age and the second dose at 4-6 year of age. MMR vaccine is not recommended for children under 1 year old. Adults who have not had two doses of MMR vaccine can receive the vaccine. However, pregnant women or people that are immunocompromised should not receive the MMR vaccine. If you are unsure of your/your child's vaccination status or if your child has not received the vaccine or has only received one dose, consult your healthcare provider. If symptoms consistent with Mumps are present, please stay home, refrain from community activity, and do not return to school or work until cleared by a healthcare provider.

### **Laboratory Testing**

If any patient presents with parotitis, please test utilizing either PCR and/or serology (IgM/IgG) methods.

- PCR Testing (buccal swab) within 5 days of symptoms onset
  - Video on PCR specimen collection: <https://youtu.be/ThvoJBjsUvQ>
- Both PCR and IgM for testing for patients within 6 to 9 days of symptoms onset
- IgM testing for 10 or more days since symptom onset

### **Reporting**

Mumps is a reportable condition, as stated by the 2019 Texas Notifiable Conditions List. Please fax reports within 1 business day to Hidalgo County Health and Human Services at (956) 318-2431. For questions please contact (956) 318-2426. For additional information visit: [www.cdc.gov/mumps](http://www.cdc.gov/mumps)