

Alaska Public Health Advisory

December 28, 2017

Updated MMR Vaccination Recommendations

The Anchorage mumps outbreak that started during the summer of 2017 continues to spread.^{1,2} To date, 119 confirmed and 19 probable cases have been reported to the Alaska Section of Epidemiology (SOE), and weekly case counts have been increasing in recent months.² Vaccination with the measles, mumps and rubella (MMR) vaccine remains the best way to prevent infection with the mumps virus. The purpose of this health alert network message is to provide updated MMR vaccination recommendations for the current outbreak and to underscore the importance of educating mumps patients to **self-isolate** (remain home and away from public spaces such as school and work) **for 5 days** after onset of parotitis.

Updated Vaccination Recommendations for the Ongoing Mumps Outbreak

- Health care providers should ensure that all patients are up-to-date on their MMR vaccination per the routine Advisory Committee on Immunization Practices (ACIP) schedule.
 - Two doses of MMR vaccine should be routinely administered to all children, starting with the first dose at age 12 through 15 months and the second dose at age 4 through 6 years before school entry.
 - For persons who have received only one dose of MMR, a second dose should be given to all school-age children aged ≥ 4 years and select adults born during or after 1957 who are at high risk of mumps exposure (i.e., healthcare personnel, international travelers, and students at post-high school educational institutions).
- For persons who participate in a group setting (e.g., daycare, work, school, church) where mumps is currently circulating (e.g., a recent case in a classmate or a coworker) OR for Anchorage residents who self-identify as being Native Hawaiian or other Pacific Islander:
 - A second dose of MMR is recommended for persons who have had one dose of MMR that was administered at least *4 weeks* ago; this includes children aged 1–4 years.
 - A third dose of MMR is recommended for persons who have had a second dose that was administered at least *5 years* ago.
- *While the intent of the third dose MMR recommendation during this outbreak is to protect persons at increased risk for mumps, we recognize that it may be difficult to determine which group settings have been associated with mumps activity in Anchorage. As such, we recommend a third dose of MMR vaccine for any Anchorage resident who would like to have additional protection against mumps during the current outbreak if it has been at least 5 years since their second dose.*

State Supplied MMR Vaccine Availability

- All children who meet the state recommendations for an additional dose of MMR during the current outbreak are eligible to receive state-supplied MMR.
- Adults who meet the state recommendations for an additional dose of MMR during the current outbreak may receive state-supplied MMR if their insurance carrier participates in the Alaska Vaccine Assessment Program (AVAP), or if they are uninsured and their medical provider has opted-in to AVAP for uninsured adults. (<http://akvaccine.org/>)
- Adults who are not eligible for state-supplied MMR would need to purchase the vaccine or contact their carrier to see if it will be covered.
- Alaska Medicaid will cover recommended doses of MMR during this outbreak.

- Health care providers participating in AVAP should order sufficient quantities of MMR vaccine to assure an adequate supply.

Reporting and Testing

- **Health care providers should promptly report persons identified with suspected mumps to the Section of Epidemiology at 907-269-8000, or 1-800-478-0084 after hours.**
- Buccal swabs should be obtained for PCR testing from all suspected cases. A urine specimen (50 mL in a sterile container) should also be collected from patients who present with orchitis.
- **Mumps PCR is the preferred test for rapid clinical diagnosis.** Testing is available free of charge through the Alaska State Public Health Laboratories (both Anchorage and Fairbanks locations) and at a cost through Quest Diagnostics. Contact SOE for assistance in accessing PCR testing through the State Lab.
- Collection of a buccal specimen (preferred) within 1 to 3 days of parotitis onset is optimal; however, the virus may be detected for up to 9 days after parotitis onset.
- A throat swab may also be collected.
- Specimens should be collected using a Dacron® or other synthetic swab on a plastic shaft. Place swab in a tube containing universal transport media (UTM). Identifiers on the tube should match the lab request exactly. At a minimum, the specimen should be labeled with a) the patient's full first and last name and b) the patient's date of birth OR other identifying number.
- Specimens should be shipped on cold packs within 24 hours. If shipping is delayed, freeze and ship frozen.
- Contact the Section of Epidemiology (907-269-8000) for assistance in routing the specimens to the Lab.
- More detailed information for providers can be found here:
<http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/Mumps/InformationforHCPSuspectedCaseMumps.pdf>

References

1. Epi Bulletin, Mumps Outbreak and Recommendations for a Third Dose of Vaccine
http://www.epi.alaska.gov/bulletins/docs/b2017_28.pdf
2. Section of Epidemiology mumps webpage
<http://dhss.alaska.gov/dph/Epi/id/Pages/Mumps.aspx>

For more information

- Centers for Disease Control and Prevention's Mumps webpage
<https://www.cdc.gov/mumps/>
- Section of Laboratories Mumps Testing information:
<http://dhss.alaska.gov/dph/Labs/Documents/LaboratoryTests.pdf> (see page 42)