Local Communications for a Statewide Mumps Outbreak

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MUMPS OUTBREAKS: WHY DO WE CARE AND IS THE VACCINE WORKING?

By Jeff Duchin, Health Officer, Public Health – Seattle & King County

Learn about the on-going mumps outbreak in King County.

Why do we care about mumps?

Mumps causes painful swelling of the salivary glands in the cheek and jaw area that usually lasts for 1-2 weeks.

- Complications of mumps include inflammation of the testes in boys past puberty and in men, and of the breast tissue and ovaries in females.
- More serious complications include meningitis (inflammation of the lining of the brain) and encephalitis (brain inflammation).
- Other complications include hearing loss, and inflammation of the pancreas.

How did the mumps vaccine help?

In the pre-vaccine era, tens of thousands of cases of mumps occurred each month in the U.S., and mumps was the #1 cause of viral encephalitis and a leading cause of viral meningitis. Since the widespread use of the mumps vaccine in the US, there has been a 99% decrease in mumps. However, mumps continues to be
Public Health - Seattle & King County

Some of the people who have mumps were vaccinated and others were not. The MMR vaccine is effective on average 88% of the time. For about 12% of those vaccinated, it may not provide lasting protection. So likely many, many more vaccinated people were exposed and did not get sick. Dr. Jeff Duchin explains in depth: https://publichealthinsider.com/.../mumps-outbreaks-why...

Mumps Outbreaks: Why Do we Care and Is the Vaccine Working?

PUBLICHEALTHINSIDER.COM

Keisha Marie Reis

Please listen to the recording, the people with the outbreak have vaccinated

Like · Reply · Message · 2 · December 31, 2016 at 2:00pm

Mrsgeo McKay

Mumps threaten to sterilize men and boys. That's pretty serious. It is very hard on older people, easier on children.

Like · Reply · Message · 1 · January 2 at 12:03am

Kirty Lindgren

All of the people with confirmed cases of mumps have been vaccinated. The vaccine isn't effective.

Like · Reply · Message · 1 · December 31, 2016 at 7:38pm

Nichole Casado

Not life threatening, totally a treatable illness. Vaccine not effective obviously and once you give that shot no way to predict reaction or turn off side effects.

Like · Reply · Message · January 1 at 12:03pm

1 Reply
TA MELELE IN MUMPS AK (LOBBOR)?

Mumps ak Lobbor ej juon nannmj iy la mewik jen kij ak (virus). Nannmj in Lobbor ekka an jinu walok lumiin jet ran iko ad nenmmi in biba, matak bar, matak maol in enbwinin, im enjelak ad mooso im konak iki lok wet, drike kioni ak jator. Nannmj in Lobbor ekka an wiok im komman bwe armij ren eboj jeber im eboj buruer.

Komaron in kejeded nannmj in (LOBBOR) 5 ran elkin an eboj jebon im burumu.

Armij rein im rebok nenmmi in Lobbor ekka aar mour jen nannmj in ellen jet wot wiik. Jet armij remaron in bok nenmmi in Lobbor ak jeej lea ke rebok nenmmi in Lobbor. Ijo wot ke nenmmi in Lobbor emeran in bar kwakwi aikon ekon bar nenmmi ko jet, ekka an wiok iden drito ro. Nannmj in Lobbor in emeran in komman elon bar jorren, Nannmj in Lobbor in emeran in komman bwe en eboj komdj ko an armij im jaronon ko jet. Im bareihot komman bwe en eboj bal ak bag ko an emman im likao ro.

EKOJKA AN NANNMJU IN MUMPS AK (LOBBOR) ITOTAK TAK NANN MJU JET?

Komaron in letetak nenmmi in Lobbor iko am Balodak ak Maij ak iko am konono iturun ro jet, im komaron in bar bo iko am.

- Mona im idrak kon juon wol konno, ak juon wot plate iben ro dri-kennmj, ak bato in ninnin ko an ari iko aar idrak iden drito.
- Umur jahatu ak ikkin ki ko armij in eboj nenmmi in Lobbor eekur unurt ak jibwe.

Armij in eboj, emeran in kabo elon armij ak komman bwe armij ro rej bok nenmmi iko an etal nan nikun jar ko im jikun kwakwo ak ak Ikkin ko im elon armij ro ie.

WON RO IM EJIBODO AER BOK NANNMJU IN MUMPS AK LOBBOR?

- Ninnin ak Ajiri ro ilkan 1 year drettaer
- Ninnin ak Ajiri ro ilodon 1 year im ran jak bok waa in Lobbor ko ak (MMR Vaccine)
- Ritto ro im ran iko taka elkin 1957 im rejakin bok in waa in bojaer nenmmi in, im ro rejakin car bok Nannmj in Lobbor maka, etar biodoro aer bobe.

EKOJKA AM MARON BOBRAE EOK JEN NANNMJU IN LOBBOR?

- Kwoj aikwir iin Etaal in bok waa in Lobbor ko (ak MMR vaccine ko) bareinwet.
- Jab bed iBuun ro eowor nenmmi in Lobbor iBoer
- Kwat pein kono soap im drein aep ien
- Jab kujerbal ko kono im kono idrak ko iBoen ro im dri-nannmj in Lobbor, kato ko an ninnin ak Ajiri ro jaj kujerbal iBoen ro eowor aer nenmmi in.

TA EO KWOS JUMMA E EOR AM JELA KE KONANAJI IN LOBBOR?

- Kir lok Tako no am elet imo awor am jela ke ajarl ko nejim jen akoloon nenmmi in Lobbor ibben, kalen im biba, matak bar, matak enbwinin, kiki lok wet, drike jikun ak jator, im eboj jebon im eboj burumu.
- Kelej in jaj bed ituran ro mottam in jeram mae ien emo jen lea Tako. Koj aikwir in bed wot inweo imo im jaj kujer ro jet naa ne emo jen kujer teko e am. Jab etal nan jikun jiku ak jikun jeraat ek ko am 5 ran ko ne emo jen eboj jebon im burumu bareinot kototok luk jen bamlle ek am bwe ren jab bok nenmmi in jen kwe.

Im jaj bed ituran bamlle ak ro nukum.

Nama talk at me insurance ko reditie woman etal na
http://www.wahealthcareaccessalliance.org

Mumps—Marshallense
Kejbarok baamle eo am jen

LEPPOR

Kakolkol ko:
- Ebboj jepa im ebboj atlai
- Pipa
- Metak bar
- Drike mona
- Metak majol
- Emokmok

Emaron komman bwe en walok jorren kein ilju im jeklaj:
- Jaja naje
- Jaronron
- Ebboj ilo kemelij

Jiban komman bwe leppor en jab ajeeded:
- Jab kojerbal kein mona im idrak ibben ro jet
- Bed wot imweo ne kwo naninnej, mene ejino emman lok am moun iumwin lalem raan elikin an jino walok ebboj
- Binej botim im lonim ne kwoj bokbok lm maje
- En ikitkut am kwel beium kin aiboj im joob
- Karreo im man kij ion jabdrewot men

Ejjelok kein kemour leppor – ne ewalok kakolkol kein ibbam:
- Bed wot imweo imom im kottolok ro jet
- Kaklije, idrak Tylenol/Ibuprofen nan metak, im buul idrak aiboj

Bok wa ko!
- Wa in leppor eo naetan MMR Vaccination ej bobrae eo emman tata nee leppor
- Aolepen bamle eo am rej ailkul in bok wa ko
December XX, 2016

Dear XX:

We are asking you to voluntarily comply with the Spokane Regional Health District's (SRHD) recommendations listed below because an outbreak of mumps is occurring in our community. We believe this is necessary because:

You have been exposed to mumps, which is a contagious disease, and you have not provided documentation that you are immune by history of vaccination or history of disease. If you become sick with mumps, your presence around others may pose a risk to your family and the community. Therefore, we are asking that you voluntarily comply with the following recommendations, especially if you become sick:

- **Restrict your movement.** Restricted movement means avoiding public travel (such as airplanes and buses), excluding yourself from public places (such as restaurants, stores, and church) and excluding yourself from school and/or your workplace.

- **Know the symptoms of mumps,** which usually occur 12-25 days (average 16-18 days) after having contact with someone who is contagious. Symptoms include swelling, pain, and/or tenderness of one or more glands in the jaw, face, or neck area; fever; headache; muscle aches; fatigue; and loss of appetite. Pain with chewing, pelvic pain, and testicular pain can also be signs of infection with mumps.

- **Report any symptoms.** Report any of the above symptoms by contacting Spokane Regional Health District at 509-839-3133, and your doctor if you have one. We can help you get tested for mumps and help provide vaccine for your family to help protect them. If symptoms develop, it's very important that you stay home and avoid contact with others to prevent spreading mumps. Mumps is usually contagious from 3 days prior to the start of symptoms to 5 days after.

- **Always practice good respiratory etiquette and hand hygiene.** Cover your coughs/sneezes with your elbow or arm, do not share drinks or eating utensils, and wash your hands frequently with soap and water.

It is important to follow these recommendations through January XX, especially if you become sick during this time. If more people become sick in your family, it's likely that the date for restricting your movement will be extended.

Vaccination is the best way to protect yourself and your family from mumps. Please call your doctor, visit a pharmacy, or call Spokane Regional Health District at (509) 324-1442 for assistance with getting a dose of MMR (measles-mumps-rubella) vaccine to help protect you and your family from getting mumps.

If you have questions about these recommendations or need help, please call (509) 324-1442. Additional information about mumps is available at [www.cdc.gov/mumps/](http://www.cdc.gov/mumps/) and in the enclosed fact sheet. Please take these steps to reduce the risk to your family and loved ones. Your health and the health of others depends on it.

Thank you for your cooperation and help during this public health emergency.

Sincerely,

Sam Arzis, MD, MPH
Interim Health Officer

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Dec. XX, 2016

Dear XX:

Doctors are asking you stay inside your home as much as you can for the next 10 days. Someone you know and who you were in contact with has mumps. We are worried that since you do not have vaccine to protect against mumps, and you have not had mumps before, that you may get sick with mumps. Staying inside your home will help protect other people from getting sick with mumps.

If you do have mumps you will feel very sick. You may notice or feel these symptoms listed below.

- Swelling and pain in the jaw. One or both cheeks may look swollen.
- Fever.
- Headache, earache, sore throat, and pain when you swallow or open your mouth.
- Pain when you eat sour foods or drink sour liquids, such as fruit or juice.
- Tired.
- Poor appetite.
- Testicular pain (males) or pelvic discomfort (females).

If you feel sick with mumps, doctors need you to do these things below.

- **Stay inside your home as much as you can.** Do not go on a plane or bus. Do not go to restaurants, stores or church. Do not go to school or work.
- **Call the health department and doctor.** Please call the health department at (509) 869-3133. Please call your doctor. We can help you if you have mumps. We can help your family not get sick.
- **Do not cough near others.** Wash your hands with soap and water frequently. Cover your coughs/sneezes so other people do not get your germs. Do not share drinks. Do not share forks or spoons.

It is important to stay inside your home as much as you can until Jan. xx, 2017, especially if you have mumps symptoms. If your family gets mumps, you may have to stay inside your home longer.

Information about mumps can be found at [www.srh.org](http://www.srh.org) and on the paper that came with this letter. Please help us protect you and your family.

Sincerely,

Sam Arzis, MD, MPH
Interim Health Officer
20 THOUGHTS ON “EMERGING MUMPS OUTBREAK IN KING COUNTY”

BILL GRATES
November 29, 2016 at 4:48 pm   Edit

Let’s hear more about the demographics. Where are the children from? Are they refugees? The only information here is that mumps requires vaccination. There’s a bigger picture here. Mumps doesn’t just travel on the wind, come from the soil etc. It has to come from someone from a distant land that doesn’t have the same standard of living.

Quarantine refugees for 3 months to prevent this from happening.

MEREDITH LI-VOLLMER
November 30, 2016 at 8:22 am   Edit

Thanks for your comment. It is easy for any of us to acquire diseases if we travel overseas. In fact, all refugees arriving in King County are screened for diseases before and after arrival.

AARON
December 6, 2016 at 11:48 am   Edit

Meredith, the poster above, “Bill Grates” is a troll looking to stir up controversy. Please don’t let such nonsense interrupt the sharing of good information.
The swelling’s not so bad.
It’s the severe testicular pain...

Mumps means 5 days of no parties,
no friends, no classes.
Intense pain in cheeks and throat.
Difficulty chewing or swallowing.
Weakness, Fever.
In some cases, severe pain
and swelling of the testicles
and ovaries.
Mumps can cause sterility,
meningitis and deafness.

There is a mumps outbreak occurring
on the UC Berkeley campus.
For information about obtaining
free mumps vaccine, your
eligibility and on-campus clinics,
please contact:

Protect yourself against the mumps.
Get IMMUNIZED

Adapted with permission from the Nova Scotia Dept. of Health and Wellness.