

# Mumps Outbreak in Washington

## Toolkit for Schools, Child Cares

Brought to you by



This toolkit educates school and child care staff on the mumps outbreak in Washington in winter 2016-2017, and clarifies the student exclusion process. It also provides tools for parent outreach. Intended users are school administrators and nurses; preschool staff; and child care staff or administrators.

### Contents:

- [Mumps Outbreak Guidance for Schools, Preschools, and Child Cares](#)
- [Exclusion Guidance Regarding Mumps in Schools, Preschools, and Child Cares](#)
- [Webinar Invitation: Mumps Outbreak for Schools, Preschools, and Child Cares](#)
- [Vaccine Effectiveness Flyer](#) (you may provide to parents, students, and/or staff)
  - Included in both English and Spanish
- [Parent Exclusion Flyer](#)
  - Included in both English and Spanish
- [“Stop: Consider Mumps” door sign](#)

For more information about this toolkit, contact:

School Team  
Office of Immunization and Child Profile  
Washington State Department of Health  
360-236-3595 or 1-866-397-0337  
[oicpschools@doh.wa.gov](mailto:oicpschools@doh.wa.gov)

Some additional resources that may help you:

- Washington mumps outbreak news and resources: [www.doh.wa.gov/mumps](http://www.doh.wa.gov/mumps)
- The Department of Health will hold a webinar for schools and child cares January 10 to answer exclusion questions and offer guidance for the outbreak. See the included invitation.
- [Washington school immunization data and reports](#)
- [Washington Vaccine Requirements](#)
- [School and child care immunization resources from the Department of Health](#)
- [CDC mumps infographic to share with parents, put on social media, or place in newsletters](#)

### Current Mumps Outbreak (October 2016 – December 2016):

Washington currently has an outbreak of mumps disease. Most of the cases are in King County, mainly in the Auburn area, but there are also cases in Pierce, Spokane, and Yakima counties, and the outbreak could spread further. The number of cases reported in the current outbreak is higher than the total number of cases reported in any single year in Washington over a decade. For the most up-to-date case count, please visit [www.doh.wa.gov/mumps](http://www.doh.wa.gov/mumps).

The Washington Department of Health is coordinating a statewide response to the outbreak, working closely with local health jurisdictions. The department's goal is to prevent the outbreak from spreading further. We are assisting local health jurisdictions in mumps diagnostic testing as requested to better understand the scope of the outbreak, assuring health care providers have the information they need to quickly recognize and test a potential mumps case and provide their patients with necessary public health information. We are encouraging immunization, and are providing information and resources as needed.

Everyone can help stop this disease from spreading. Make sure the children in your schools, preschools, and child cares are up to date on measles, mumps, and rubella (MMR) vaccine. Know the signs and symptoms of mumps. If you suspect that someone in your school, preschool, or child care has mumps, call your [local health jurisdiction](#) and refer the child/student to a healthcare provider right away. In the event of a mumps case in your facility, work with your local health department to exclude children who are not up to date on their MMR vaccine or have an exemption to MMR vaccine on file.

### About Mumps:

- Mumps is a contagious disease caused by the mumps virus. It is mostly spread by contact with saliva from someone who is infected.
- Those infected with mumps usually are contagious before for 2 days before symptoms appear and for 5 days after, so those who are infected can spread it without realizing it. There is no treatment for mumps, but there is prevention in the form of a vaccine.
- The most distinctive sign of mumps is swelling of salivary glands in one or both cheeks that starts in front of the ear and can spread down to the neck or jaw (parotitis), though not everyone who is infected gets this.
- Mumps symptoms can also include fever, headache, muscle aches, tiredness, and loss of appetite.
- Potential complications of mumps include hearing loss, meningitis (swelling of the covering of the brain and spinal cord), and changes in mental function if the brain is affected.
- Symptoms generally last about a week.
- The best protection against mumps is the combination MMR vaccine, which protects against measles, mumps, and rubella viruses.
- MMR vaccine is recommended for children aged 12 to 15 months, with a second dose at 4 to 6 years.

### Guidance and Recommendations:

- Because mumps spreads easily in group settings such as schools, preschools, and child care, it's important to make sure children and staff at your facility are up to date on required doses of MMR vaccine.

- MMR vaccination is required for school, preschool, and child care entry in Washington.
  - 2 doses of MMR vaccine are required for kindergarten – 12<sup>th</sup> grade.
  - 1 dose of MMR is required for child care or preschool by 16 months of age.
- Encourage staff to know their MMR vaccination status or get a blood test to check for immunity.
- In best practices during the mumps outbreak, please do the following:
  - Review your student information system or immunization records to identify children who are not fully immunized with MMR vaccine.
  - Work with families to get these children immunized according to school, preschool, and child care requirements
  - **If you suspect a child or staff member has mumps,** immediately notify to your [local health jurisdiction](#) and refer the child or staff member to a healthcare provider to ensure they are evaluated for mumps and receive care.
  - Remind parents that anyone who has not been fully immunized or has an exemption to MMR vaccine will be excluded, should a mumps case occur in your facility.
- **If a mumps case is confirmed in your school, preschool, or child care:**
  - Work with the local health department to determine exclusion policies and procedures.
  - Notify parents of the date on which their child (or children) will be excluded if they have not been immunized or have an exemption to MMR vaccine.
  - Notify staff of the date on which they will not be allowed to work if they lack documentation of mumps immunity.
  - Students who have been exempted from mumps vaccination for medical, religious, or other reasons and staff who do not have documentation of immunity or vaccination should be excluded until the 26th day after the onset of parotitis in the last person with mumps in your facility.
  - Allow under- or unvaccinated children and staff to return to school, preschool, or child care immediately after receiving a dose of MMR vaccine (i.e., persons with no doses can return after receiving a first dose; persons with one prior dose should receive a second dose).

#### More Information on Mumps:

Washington State Department of Health

- [Mumps outbreak](#)
- [Mumps general information](#)
- [MMR Vaccine](#)
- [Mumps Reporting and Surveillance Guidelines](#)
- [School, Preschool, and Child Care Vaccine Requirements](#)
- [Washington State Local Health Departments and Districts](#)
- [Infectious Disease Control Guide](#)

Centers for Disease Control and Prevention

- [Epidemiology & Prevention of Vaccine-Preventable Diseases: The Pink Book](#). National Immunization Program, CDC. 13th Edition, 2015. (Chapter 15: Mumps).
- [Mumps: General Information](#)
- [MMR Vaccine Information Statement](#)
- [MMRV Vaccine Information Statement](#)

The Washington Department of Health is coordinating a statewide response to the outbreak, working closely with local health jurisdictions (LHJs). The department's goal is to prevent the outbreak from spreading further. Washington rules and regulations require exclusion of children from school, preschool, or child care when certain disease occur in these facilities if they are not fully immunized according to immunization requirements set by the State Board of Health. Although schools, preschools, and child cares are required by law to work with LHJs during a disease outbreak, the rules do not specifically address school exclusion policies and procedures during an outbreak. LHJs should work together with schools, preschools, and child cares to develop policies and procedures for exclusion of children and staff in the event of a mumps outbreak. Guidance for the development of these policies and procedures are outlined below.

#### Exclusion Guidelines during a Mumps Outbreak:

- All children or staff with symptoms consistent with mumps should be excluded from school, preschool, or child care until they have been evaluated for possible mumps.
- **Susceptible** asymptomatic children or staff should be excluded through the 26th day after the onset of parotitis (swelling of salivary glands in one or both cheeks that starts front of the ear and can spread down to the neck or jaw), in the last person with mumps in your facility. The LHJ should be consulted when determining this date.
  - Susceptible children or staff include:
    - Those who lack documentation of two doses of MMR vaccine for school-aged children one dose of MMR vaccine for children in preschool or child care, OR
    - Those who lack laboratory evidence of immunity for mumps or laboratory confirmation of mumps disease,
    - Children with an exemption on file for mumps vaccine.
    - Staff who are born before 1957 are presumed to be immune to mumps, so they are NOT required to get MMR vaccine or be tested
- For districts or buildings with ongoing cases – the 26-day count down until the date that susceptible children or staff may return is pushed forward with each new case that occurs.
- Allow under or unvaccinated children and staff to return to school, preschool, or child care immediately after receiving a dose of MMR or MMRV vaccine (i.e., persons with no doses can return after receiving a first dose; persons with one prior dose should receive a second dose.)
- **Exclusion should not be done on a classroom-by-classroom basis.** Exposure can also occur in lunchrooms, restrooms, playgrounds, and shared learning space such as the library.
- Exclusion policy options that can be considered include:
  1. Exclude susceptible children and staff district wide.
  2. Exclude susceptible children and staff on a building by building basis.
    - If exclusion is by building, additional considerations for applying the exclusion policy to a building are:
      - Is it a building with no cases?
      - Is it a building with outbreak cases, but none recent?
      - Is it a building with ongoing cases?
      - Is it a building with evidence of transmission in that building?

**Additional Resources:**

- [Washington Department of Health Mumps Outbreak](#)
- [Washington Department of Health Mumps Guideline](#)
- [CDC's Manual for the Surveillance of VPDs: Chapter 9 Mumps](#)
- Prevention of Measles, Rubella, Congenital Rubella Syndrome, and Mumps, 2013 -- Summary Recommendations of the Advisory Committee on Immunization Practices (ACIP)  
Source: MMWR, June 14, 2013; 62(RR04):1-34. <https://www.cdc.gov/mmwr/pdf/rr/rr6204.pdf>

# **Let's protect our kids from Mumps.**

Join us for a webinar!

“Mumps Outbreak”

When: Tuesday, January 10, 2017

Time: 9:00 AM—10:00 AM PST

This webinar will provide schools, preschools and child care centers information about the current mumps outbreak and how to decrease its spread.

[Click here to register for the webinar!](#)



# Mumps Vaccine: Our Best Protection

Mumps is a contagious disease that causes fever, aches, and swelling in the cheek or jaw area. It also can lead to other problems like hearing loss and brain damage. There is no treatment for mumps, but there is a way to prevent it: the combination measles, mumps, and rubella (MMR) vaccine. It protects you and helps stop the spread of the mumps virus to others.

## Sometimes people who have MMR vaccine still get mumps. Why is that?

The vaccine is effective at preventing mumps, but it is not perfect. There is still a small chance of getting mumps if you're vaccinated. Nearly **9 out of 10 people get lasting protection** from the vaccine.

### Number at Risk of Getting Mumps



“Because some people do not get lasting protection from the vaccine and mumps spreads easily from person to person, outbreaks can still occur in vaccinated populations. But, if unvaccinated, many, many, more people would become ill.”

~ Dr. Jeff Duchin, Public Health—Seattle King County

**MMR vaccine is 88% effective against mumps** in people who have had two doses. That means of every 100 vaccinated people exposed, only 12 of them are at risk for getting infected with mumps. In contrast, **all unvaccinated people are at risk. The number of people who get mumps in an outbreak would be much larger if fewer people were vaccinated.** In addition, complications happen more often and are more serious among unvaccinated people who get mumps. Luckily, more than 9 out of 10 Washington kindergartners have both of their MMR vaccine doses.

Even though vaccinated people might get sick in an outbreak, the risk of getting sick is much greater for people who haven't been vaccinated. For example, in one recent summer camp outbreak, 43% of the unvaccinated people got mumps when they were exposed, but less than 4% of vaccinated people got it. But because there were so many more vaccinated campers than campers who didn't have the vaccine, the number of cases in vaccinated people was higher.

### Did You Know?

Before the vaccine program started, the U.S. saw more cases of mumps in a week than we see now in an entire year.

### How does mumps vaccine help?

- MMR vaccine provides **significant protection** from mumps, and greatly reduces the risk of complications.
- Since the widespread use of MMR vaccine in the U.S., there has been a **99% decrease** in the number of people with mumps.
- MMR vaccine doesn't just protect against mumps—**it also protects against measles and rubella**, which are even deadlier diseases.

### What you can do

- **Get vaccinated.** Make sure you and your kids are up to date on MMR vaccine. Check with your healthcare provider. MMR vaccine is available to all Washington kids at no cost.
- **Find the vaccination rate of your school** at [www.schooldigger.com](http://www.schooldigger.com).
- **Sign up for MyIR**, which lets you see your family's vaccinations at home and get reminders. Go to [doh.wa.gov/immsrecords](http://doh.wa.gov/immsrecords).

# Vacuna contra las paperas: nuestra mejor protección

Las paperas es una enfermedad contagiosa que causa fiebre, dolor e hinchazón en las mejillas o en el área de mandíbula. También pueden causar otros problemas como pérdida auditiva y daño cerebral. No hay tratamiento para las paperas, pero se pueden prevenir con la vacuna triple vírica contra el sarampión, las paperas y la rubéola (MMR). La vacuna te protege y ayuda a detener la propagación del virus a otras personas.

## ¿Por qué a veces las personas que reciben la vacuna MMR aún enferman de paperas?

La vacuna es efectiva previniendo paperas, pero no es perfecta. Existe una pequeña probabilidad de que contraigas paperas aunque hayas sido vacunado. Alrededor de **9 de cada 10 personas reciben protección permanente** de la vacuna. **La vacuna MMR es efectiva hasta un 88% en contra de las paperas** en las personas que han recibido dos dosis de la vacuna. Esto significa que de cada 100 personas vacunadas expuestas al virus, sólo 12 corren el riesgo de enfermar con paperas. En cambio, **todas las personas sin vacunar corren el riesgo de enfermar** si se exponen al virus.

### Número de personas en riesgo de contraer paperas



"Debido a que algunas personas no logran mantener una protección duradera contra las paperas después de vacunarse y ya que el virus puede propagarse fácilmente de persona a persona, aún pueden ocurrir brotes en poblaciones vacunadas. Sin embargo, si la gente no se vacunara, muchas más personas enfermarían".

~ Dr. Jeff Duchin, Salud Pública del Condado de Seattle King

**El número de personas que enferman durante un brote de la enfermedad sería más grande si menos personas fueran vacunadas.** Adicionalmente, las complicaciones ocurren más seguido y son más graves entre los que no han sido vacunados. Afortunadamente, más de 9 de cada 10 niños en el kínder o jardín de niños han sido vacunados con las dos dosis de la vacuna MMR.

Aunque más personas vacunadas podrían enfermar durante un brote, el riesgo de adquirir la enfermedad es mucho mayor para las personas que no han sido vacunadas. Por ejemplo, en un brote reciente de la enfermedad en un campamento de verano, el 43% de las personas sin vacunar enfermaron de paperas al ser expuestos al virus, pero menos del 4% de las personas vacunadas enfermaron. Pero debido a que el número de personas vacunadas era mayor que el de las personas sin vacunar, el número de casos de la enfermedad fue mayor en las personas vacunadas.

### ¿Sabías que?

Antes de que el programa de vacunación empezara, en los EE. UU. se veían más casos de paperas en una semana que los que se ven ahora en un año.

### ¿Cómo ayuda la vacuna MMR?

- La vacuna MMR ofrece una buena protección en contra de las paperas y reduce el riesgo de complicaciones considerablemente.
- Desde que empezó a usarse la vacuna MMR ampliamente en los EE. UU., **ha disminuido** el número de personas con paperas **hasta un 99%**.
- La vacuna MMR no sólo protege contra las paperas, **también protege contra el sarampión y la rubéola**, las cuales son dos enfermedades aún más mortales.

### Lo que puedes hacer

- **Vacúñate.** Asegúrate de que tu y tus niños hayan recibido la vacuna MMR. Verifica con tu proveedor médico. La vacuna MMR está disponible para todos los niños en Washington sin costo alguno.
- **Encuentra las tasas de vacunación de tu escuela** en [www.schooldigger.com](http://www.schooldigger.com).
- **Regístrate en MyIR** para acceder al registro de vacunación tuyo y de tu familia desde la comodidad de tu casa y para recibir recordatorios. Visita [doh.wa.gov/immsrecords](http://doh.wa.gov/immsrecords).

# MUMPS OUTBREAK — Information for Parents

## Help us stop the spread of mumps!

### Mumps is a contagious disease.

**Mumps spreads** through contact with saliva from an infected person. It can spread by:

- Sharing cups, spoons, forks, baby bottles, or other utensils.
- Touching things that have an infected person's saliva on them, such as toys.

**Symptoms** can include fever, headache, muscle aches, tiredness, loss of appetite, and swollen cheeks and jaws. Most people get well in about a week. For some, mumps can lead to complications. Complications are more common if you are not vaccinated.

**You can protect yourself and your family** by ensuring everyone has had measles, mumps, and rubella **vaccine (MMR)**.

**To get the vaccine**, contact your healthcare provider. If you don't have a healthcare provider, call your local health department or the Family Health Hotline at **1-800-322-2588**.

In addition to getting the vaccine:

- Stay away from people who have mumps.
- Wash your hands often with soap and water.
- If your child is sick, keep them at home.
- Do not share eating utensils.

### MMR vaccination is required for school, preschool, and child care entry.

- 2 doses of MMR vaccine are required for students in grades K—12.
- 1 dose of MMR vaccine is required for child care or preschool by 16 months of age.



If there is a mumps case in your child's school, preschool, or child care and your child is not up to date with their MMR vaccine, they may be excluded from attending.

**Check with your school or child care for more information.**

[www.doh.wa.gov/mumps](http://www.doh.wa.gov/mumps)

# BROTES DE PAPERAS: Información para familias

## ¡Ayúdenos a detener la propagación de las paperas!

### Las paperas son contagiosas.

**Esta enfermedad se propaga** a través del contacto con la saliva de una persona infectada. Se propaga al:

- Compartir tazas, cucharas, tenedores, biberones u otros utensilios.
- Tocar objetos contaminados con la saliva de alguien enfermo con paperas.

**Síntomas** pueden incluir: fiebre, dolor de cabeza, dolores musculares, cansancio, pérdida de apetito e hinchazón en las mejillas o mandíbulas. La mayoría de las personas mejoran dentro de una semana. Pero en algunas personas, las paperas pueden causar complicaciones. Estas complicaciones son más comunes en

### Protéjanse y protejan a los demás.

Sólo necesitan asegurarse de que todos en casa estén al día con la **vacuna MMR** contra el sarampión, las paperas y la rubéola.

**Para obtener la vacuna**, llamen a su proveedor médico. Si no tienen un proveedor médico, llamen a su departamento de salud local o a la línea de Family Health al **1-800-322-2588**.

Una vez que se pongan la vacuna:

- Manténganse alejados de las personas que tengan paperas.
- Lávense seguido las manos con agua y jabón.
- Si sus hijos enferman, manténgalos en casa.
- No comparten los cubiertos para comer.

### La vacuna MMR es un requisito para poder ir a la escuela, al preescolar y la guardería.

- 2 dosis de la vacuna MMR son requeridas para los estudiantes en los grados K—12.
- 1 dosis de la vacuna MMR es requerida a los 16 meses de edad para poder ir a la guardería o al preescolar.



Si hay casos de paperas en la escuela, preescolar o guardería de sus hijos, y sus hijos no tienen las dosis recomendadas de la vacuna MMR, es probable que los excluyan y no les permitan asistir.

**Consulte con su escuela o guardería para obtener más información.**

[www.doh.wa.gov/paperas](http://www.doh.wa.gov/paperas)



**FEVER and  
SWOLLEN JAW?  
CONSIDER MUMPS.**

Mumps is highly contagious. Please protect yourself and others!

**Please notify medical staff immediately if  
you have any of these symptoms:**

- Swollen glands under the ears or jaw
- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite  
(not wanting to eat)



**[www.doh.wa.gov/mumps](http://www.doh.wa.gov/mumps)**

DOH 348-591, December 2016.

If you have a disability and need this document in another format,  
please call 1-800-525-0127 (TDD/TTY call 711).