



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
DIVISION OF PUBLIC HEALTH

ROY COOPER  
GOVERNOR

MANDY COHEN, MD, MPH  
SECRETARY

DANIEL STALEY  
DIRECTOR

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**To:** North Carolina Clinicians  
**From:** Victoria Mobley, MD MPH, HIV/STD Medical Director

**Subject:** Mumps outbreak in the Charlotte region (1 page)

The North Carolina Division of Public Health is working with local health departments to investigate and control an outbreak of mumps among men who have sex with other men (MSM) in the Charlotte region.

**Background:**

As of August 25<sup>th</sup>, 8 mumps cases have been identified among males who reside in or have traveled to Mecklenburg during their exposure window. The majority of these cases are among MSM and persons living with HIV (PLWH). Half of the patients were fully vaccinated and half had an unknown MMR vaccination history. Symptom onset dates ranged from May 29 – August 6, 2017. Parotitis (N=8) and orchitis (N=4) were the most common presenting symptoms.

Mumps is a highly contagious virus and is spread through direct contact with respiratory secretions, saliva or through fomites. Transmission of mumps is often associated with crowded environments such as clubs, bars, schools and dormitories. The average incubation period for mumps is 16 to 18 days, with a range of 12– 25 days. Persons with mumps are considered infectious from two days before until 5 days after the onset of parotitis.

**Requested Actions:**

The NC DPH requests that all clinicians providing care to MSM and PLWH populations consider mumps when evaluating patient with parotitis, acute orchitis or salivary gland swelling of unknown etiology. Additionally, we request that you:

- Instruct all patients with suspected or confirmed mumps to **stay at home from work or school during the infectious period.**
- Use standard and droplet isolation precautions to prevent transmissions in healthcare settings when mumps is suspected.
- Assess vaccination status of all MSM and PLWH and consider giving MMR for patients with an incomplete or unknown vaccination history, <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6204a1.htm>.
- Report all suspected and confirmed cases to the Communicable Disease Branch epidemiologist on call at (919) 733-3419 or your local health department.

More information on mumps is available at <http://epi.publichealth.nc.gov/cd/diseases/mumps.html> and <https://www.cdc.gov/mumps/hcp.html>.