



Epi News

Riley County

Volume 3 Issue 2

February 2016

Mumps in Manhattan

With the new year, came new diseases to investigate! January saw one confirmed mumps case at KSU. Mumps is a viral disease caused by the Mumps virus, a member of the Paramyxoviridae family. Humans are the only reservoir for mumps. The disease is spread via droplet transmission and direct contact with saliva from an infected individual. The virus can also remain viable on surfaces a sick person has come into contact with, but this way of transmission (via fomites) is not as common as droplet and direct transmission. Individuals are most infectious from 3 days before parotitis occurs to 5 days after swelling. The incubation period has a range from 12-25 days, though it is usually 16-18 days. After onset of parotitis, an infected person should remain isolated for 5 days. The most common symptoms include: fever, parotitis (swelling of the Parotid gland), swelling of the Sublingual and Submandibular glands, muscle pain, malaise, headache, and a loss of appetite. Symptoms normally last 2-10 days. While **severe complications are rare**, possible complications from the mumps are:

- Inflammation of the testicles (orchitis) in males who have reached puberty
- Inflammation of the brain (encephalitis)
- Inflammation of the tissue covering the brain and spinal cord (meningitis)
- Inflammation of the ovaries (oophoritis) and/or breast (mastitis) in females who have reached puberty
- Deafness

Diagnosis is confirmed by a combination of symptoms and laboratory confirmation via serological testing for disease-specific antibodies, or isolation of the virus via buccal swab.

There is no cure for mumps, but the recovery time is within 2 weeks. After an infected person passes the infectious period, (s)he may resume normal activities! Mumps is treated with rest and hydration, and using acetaminophen, Ibuprofen, or Naproxen to reduce pain and fever.

The single most effective control measure to prevent mumps is maintaining the highest possible level of immunization in the community, and that is achieved through **vaccination!** Protect your children by having them vaccinated when they are 12-15 months old, and again when they are about to enter kindergarten. Individuals with mumps and those that have not received a MMR vaccine may be excluded from school and/or daycare if the disease is present in the community. Adults who do not have proof of MMR vaccination status are should also have an MMR vaccination. You may receive you MMR from your personal physician, Lafene Student Health Center if you are a KSU student or at the Riley County Health Department. Don't forget good hand hygiene!

Zika Virus Update

Travel advisories: The CDC has issued travel advisories for a total of 34 countries; these countries are currently experiencing active Zika Virus transmission. The CDC recommends women who are pregnant or may become pregnant to avoid travel to these countries. Please visit: <http://www.cdc.gov/zika/index.html> for more information.

As of 24 February, in the United States there have been 107 travel-associated cases reported, with 0 cases being locally acquired. In United States' territories there have been 39 locally acquired cases, and 1 travel-associated case.

Zika Virus is a viral disease transmitted through the bite of an infected mosquito of the genus *Aedes*.

Common symptoms include: fever, rash, joint pain, and conjunctivitis. Other symptoms that have been reported include, muscle pain and headaches.

Be on the lookout for more information in next month's Epi Newsletter, and fact sheets, provided by RCHD!

Diseases Investigated in January 2016

- 1 chickenpox case
- 1 possible rabies case
- 2 Giardia cases
- 1 Campylobacter case
- 5 Hepatitis B cases
- 1 perinatal Hepatitis B case
- 2 Hepatitis C cases
- 1 Mumps case



Reportable Diseases and Conditions

The Centers for Disease Control and Prevention have created a list of diseases that must be reported to state health departments. Even if a patient is just suspected of having a particular disease, it must be reported. It is a law, and in Kansas disease reporting falls under the following: KSA 65-118, 65-128, 65-6001—65-007; KAR 28-1-2, 28-1-4, and 28-1-8 (Changes effective as of 9/29/2014). The Kansas Department of Health and Environment has a list on its website, along with a disease reporting form. That document can be found here:

http://www.kdheks.gov/epi/download/KANSAS_NOTIFIABLE_DISEASE_FORM.pdf

It is important to remember, for all healthcare providers, laboratories, and hospitals in Riley County you must contact KDHE's Epidemiology Hotline at 1-877-427-7317 to report diseases.

Contacting the Riley County Health Department is also required!

The Riley County Health Department now has a dedicated phone line for disease investigations! The newly designated line, dubbed the "**Riley County Epi. Line**" will be manned 24/7/365 by the communicable disease nurse, Public Health Emergency Preparedness Coordinator, or another licensed clinic worker. The new number is:

785-317-0474

Sources:

- Centers for Disease Control and Prevention. (2015). *Mumps*. Retrieved from Centers for Disease Control and Prevention: <http://www.cdc.gov/mumps/hcp.html>
- Heymann, D. L. (2015). *Control of Communicable Diseases Manual*. Washington DC: American Public Health Association.
- Kansas Department of Health and Environment. (2015). *Mumps Investigation Guideline*.
- Centers for Disease Control and Prevention. (2016, January 22). *Morbidity and Mortality Weekly Report (MMWR)*. Retrieved from Centers for Disease Control and Prevention: <http://www.cdc.gov/mmwr>

Disclaimer—The information provided in this report is compiled by the Riley County Health Department for the purpose of updating community partners. Please consult with Riley County before publishing any of the information contained in this report.