

# Mumps Alert for Camps

## Summer 2010



Since August 2009, a mumps outbreak that originated in a summer camp has been ongoing in several states. It is possible that mumps cases may occur in camps again this summer. The best protection against mumps is two doses of mumps vaccine (usually given as the measles-mumps-rubella, MMR, vaccine); however, crowded living conditions (as in a dormitory or camp) can promote the spread of mumps virus even among vaccinated persons. By following the important actions listed below, camps may reduce the chances of mumps transmission and outbreaks.

### ***Important Actions***

- **Be Prepared before Camp Opens**
- **Recognize the Signs and Symptoms of Mumps**
- **Report Suspect Mumps Cases Immediately**
- **Document the Vaccination Status of Staff and Campers**

### ***Be Prepared before Camp Opens***

- Work with state and local public health officials to establish lines of communication.
- Work with state and local public health officials to develop plans for addressing potential disease outbreaks in camp settings. Plans should include information on
  - what to do if campers or staff become sick, including how to separate them from others,
  - when to seek additional medical evaluation, and
  - how to provide care.
- Work with state and local health departments to develop mechanisms and protocols for monitoring illnesses, including mumps, and any requirements for reporting these illnesses.
- Review applicable state laws regarding public health–related camp requirements. For more information and a link to regulations in your state, see [Camps and State Regulations](http://www.acacamps.org/publicpolicy/regulations) (<http://www.acacamps.org/publicpolicy/regulations>).

### ***Recognize the Signs and Symptoms of Mumps***

- Have the camp health director or other healthcare provider 1) discuss the signs and symptoms of mumps with all camp staff and 2) develop a plan to follow should a suspect case of mumps be identified in the camp.
- Learn the most common signs and symptoms of mumps, which include
  - Swollen and tender salivary glands under the ears on one or both sides (parotitis)
  - Fever
  - Headache
  - Muscle aches
  - Tiredness
  - Loss of appetite
- Be aware that most mumps transmission likely occurs before the salivary glands begin to swell to 5 days after the swelling begins. Therefore, CDC recommends isolation of mumps patients for 5 days after their glands begin to swell.



## ***Report Suspect Mumps Cases Immediately***

- Notify your local health department immediately if there is a suspected case of mumps in your camp.
- Advise camp staff and the parents of all children attending camp with a child with a suspected case of mumps to
  - Watch for signs of mumps in their child, even if the child is vaccinated against mumps.
  - Know that the incubation time (how long it takes for symptoms to appear after a person is exposed to the virus) for mumps can range from 12 to 25 days.
  - Contact a healthcare provider immediately if a child develops symptoms compatible with mumps.

## ***Document the Vaccination Status of Staff and Campers***

- Maintain vaccination records for all campers and staff; the records should be readily accessible in case an outbreak should occur. Documentation
  - can be in the form of a vaccination record (shot card), pre-entrance health form, or an electronic immunization record.
  - should include evidence of two doses of MMR vaccine or other mumps vaccine or other evidence of immunity, such as documentation of physician-diagnosed mumps, laboratory evidence of immunity, or birth before 1957.
  - should include dates of vaccination.
- Communicate vaccine recommendations or requirements to campers and staff, including international staff, prior to attending camp.

These actions may have resource implications for summer camps. However, they provide the best protection for campers and staff against disease and will help avoid the inevitable disruption of camp as a result of illness and isolation procedures. Likewise, the MMR vaccine is a safe vaccine and provides the best protection against mumps infection, even if an individual has already had two doses of vaccine. For more information, see [Mumps Vaccination](http://www.cdc.gov/vaccines/vpd-vac/mumps/) (<http://www.cdc.gov/vaccines/vpd-vac/mumps/>) and [Basics and Common Questions](http://www.cdc.gov/vaccines/vac-gen/default.htm) (<http://www.cdc.gov/vaccines/vac-gen/default.htm>) about vaccines and immunizations.

The Advisory Committee on Immunization Practices (ACIP) recommends that persons be up to date with all vaccines in order to ensure individual protection against vaccine-preventable diseases and to ensure the high level of population immunity needed to prevent outbreaks. The U.S. [Immunization Schedules](http://www.cdc.gov/vaccines/recs/schedules/) (<http://www.cdc.gov/vaccines/recs/schedules/>) provide the ACIP-recommended vaccination guidelines for children, adolescents, and adults. Communicate these recommendations and any specific requirements your jurisdiction might have to campers and staff prior to their arrival at camp.

