

Mumps

Mumps is an acute illness caused by mumps virus (family *Paramyxoviridae*) and characterised by fever, swelling, and tenderness of ≥ 1 salivary gland, usually the parotid gland. Complications associated with mumps include orchitis (inflammation of the testes), meningitis, pancreatitis, and deafness. Mumps virus is spread in respiratory droplets, and the incubation period is 15–24 days (median 19).

Australia began mumps vaccination (M) in 1981, followed by the use of Measles Mumps (MM) in 1982 and MMR in 1989. The current recommended schedule is a dose of MMR at 12 months with a second dose of MMRV at 18 months of age.

The mumps component of MMR is considered the least efficacious component of the vaccine with protection from the first and second doses estimated at 62% - 88% and 88%- 95% respectively. Although vaccine efficacy for mumps is not optimal for preventing clinical disease, vaccination limits the severity of disease.

Mumps virus can cause large outbreaks even in highly vaccinated populations, particularly young adults where immunity may have waned. There is no definite level of antibody that confers absolute protection.

Serology suggestive of acute infection (mumps IgM positive) can be confirmed by mumps PCR on an orobuccal swab and or urine collection collected in the first week of illness.

To reduce the spread of disease, people with mumps should be excluded from child care, school or work until five days after the onset of swelling or until the swelling disappears (whichever is sooner). The most infectious period for mumps is usually about two days before until four days after the onset of the illness, but someone with the disease can be contagious for up to seven days before until nine days after the swelling of the salivary gland.

Reference: The Australian Immunisation Handbook

<https://immunisationhandbook.health.gov.au/vaccine-preventable-diseases/mumps>