Increased Mumps Activities

There has been an increase in mumps cases reported in Ontario. Currently there are 17 confirmed cases of mumps in Toronto with an epidemiological link to bars in the west Toronto downtown area; as well, 1 confirmed case of mumps is identified in Durham Region.

Mumps is a potentially serious infection caused by a virus. Signs and symptoms of mumps include fever, swelling and tenderness of one or more of the salivary glands, usually the parotid glands. Respiratory symptoms may also occur. A person with mumps is infectious from 7 days before to 5 days after the onset of parotitis.

Report all suspected cases of mumps to the Durham Region Health Department. Do not wait for laboratory confirmation. Suspected cases should also be instructed to remain in isolation until contacted by local public health staff. Patients suspected of having mumps should wear a mask and be placed in a separate room when attending a health care setting. Immunization is the best protection against contracting mumps.

Diagnosis for mumps includes the following:

Mumps Virus Detection by PCR:
- **Buccal** or throat swab collected within 9 days after the onset of symptoms/parotitis and submitted in Multi-Organism Transport Medium – Virus Respiratory Kit
- **Urine** (minimum 5.0 ml) in a sterile container within 14 days after the onset of symptoms/parotitis

Acute Serology:
- **Blood specimen** for mumps antibodies (IgM and IgG) should be collected at the first visit (ideally within 7 days after the onset of symptoms/parotitis)

Convalescent Serology:
- Second blood specimen can be collected 7 to 10 days after the acute sample

On each laboratory requisition indicate diagnostic testing, symptoms and onset date, known exposure and travel history (if any) and vaccination history.

Testing information is also available on the Public Health Ontario website: https://www.publichealthonotario.ca/en/ServicesAndTools/LaboratoryServices/Pages/Index.aspx

Durham Region Health Department: 905-668-7711, 1-800-841-2729
If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca
If you require this information in an accessible format, contact 1-877-777-9613

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