

Current Health Event

Mumps Outbreak

March, A mumps outbreak occurred in Lebanon during the month of January, with 293 reported cases as of 13 March 2015.

Editorial note:

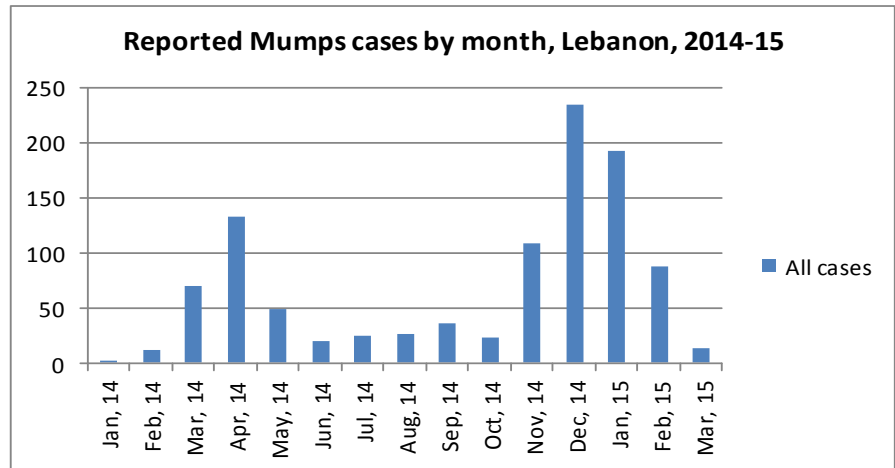
The cases were mainly located in the Bekaa (159) and the North (82) where the highest numbers of displaced Syrians are hosted. 42.3% of the cases were recorded in the 10-19 years age group, followed by 27% in the 5-9 years; 80% of the reported cases were among Lebanese.

Mumps is a highly infectious, self-limited viral disease caused by the mumps virus. Common initial signs and symptoms of mumps include fever, muscle pain, headache, and feeling tired. Up to 48 hours later, painful swelling of the salivary glands usually occurs and is the most typical presentation found in up to 95% of cases. Symptoms in adults are often more severe than in children.

Mumps is highly contagious and is able to spread rapidly among people living in close quarters. The virus is transmitted by respiratory droplets, direct contact, or contaminated objects. Symptoms typically occur usually 14 to 18 days after exposure and patients are infectious a few days before the onset of symptoms.

The disease is generally self-limiting, with no specific treatment apart from controlling the symptoms with pain medication and medications to reduce fevers. Most common complications include orchitis (inflammation of the testicles in males who have reached puberty); encephalitis and meningitis.

Figure: Reported Mumps cases by month, Lebanon, 2014-2015. Source: MOPH



After the illness, lifelong immunity to mumps generally occurs.

Mumps is preventable by vaccination. The vaccine may be given separately or as part of the MMR vaccine that also protects against measles and rubella.

Recently, there are more cases of mumps than usual because of outbreaks. A major factor contributing to outbreaks is crowded environment.

Factors favouring mumps infection:

- Failure to be immunized
- 2-12 years of age
- Season winter/spring
- Travel to high-risk regions (Africa, Indian subcontinent, Southeast Asia)
- Weakening immune system (HIV/AIDS, cancer, steroid, chemotherapy)

Outbreaks can still occur in highly vaccinated communities, particularly in close-contact settings like schools and camps. However, high vaccination coverage helps limit the size, duration, and spread of outbreaks. In this regard, the MoPH is conducting accelerated routine vaccination.

Cumulative Notifiable diseases in Lebanon (Syrian)

Disease	2014 Cumul	2015 Cumul*	Feb	Mar
Vaccine Preventable Diseases				
Polio	0(0)	0	0(0)	0(0)
Acute Flaccid Paralysis	53(16)	7(3)	1(0)	0(0)
Measles	235(107)	2(1)	2(1)	0(0)
Mumps	736(117)	293(57)	88(15)	13(1)
Pertussis	87(25)	5(3)	0(1)	0(0)
Rabies	1(0)	0(0)	0(0)	0(0)
Rubella	18(12)	1(0)	0(0)	0(0)
Tetanus	0(0)	0(0)	0(0)	0(0)
Viral Hep B	218(33)	36(4)	25(4)	2(0)
Water/Food Borne Diseases				
Brucellosis	252(36)	17(6)	9(4)	1(1)
Cholera	0(0)	0(0)	0(0)	0(0)
Hydatid cyst	16(2)	5(1)	3(1)	0(0)
Typhoid				
Fever	546(33)	47(5)	16(1)	1(0)
Viral Hep A	2582(911)	290(47)	93(24)	7(0)
Other Diseases				
Leishmaniasis	663(638)	3(3)	1(1)	0(0)
Meningitis	232(35)	54(11)	23(6)	0(0)
Viral Hep C	100(6)	18(1)	7(1)	2(0)

Source: Ministry of Public Health, Lebanon as on 13/03/2015