



Pacific  
Community  
Communauté  
du Pacifique

## Mumps alert and advice for travellers to the 9<sup>th</sup> Micro Games, Yap State, 2018

### Mumps alert

One confirmed case of mumps, and several suspected cases, have recently been reported in **Yap State** (in the outer island of Falalop, Woleai). Mumps outbreaks or circulation are also occurring in several countries in the Pacific (Chuuk State, Hawaii, New Zealand and Vanuatu), as well as other regions in the world.

### About mumps

Mumps is a common infectious disease in many parts of the world including the Pacific and is caused by a virus. The virus is spread through coughs and sneezes and an outbreak can occur where there is crowding such as in a dormitory with a person who has mumps. Spread of the virus can also occur through touching surfaces such as door knobs, use of cutlery, lipsticks, cigarettes, etc. that have been contaminated with saliva of an infected person. Some people who get mumps have very mild or no symptoms, often not knowing they have the disease. Most will experience complete recovery in a few weeks. However, mumps can occasionally cause complications, especially in adults leading to orchitis, encephalitis, meningitis, oophritis, mastitis and deafness. Mumps in pregnancy can be dangerous, with an increased risk of miscarriage in the first 3-4 months.

### Treatment and prevention of mumps

Treatment is mainly symptomatic. Age-appropriate pain killers may help relieve some of the symptoms. Cold compress can help relieve some of the pain from the swollen glands. Mumps can be prevented with the measles, mumps and rubella (MMR) vaccine.

### Before your travel

Prior to their travel, athletes and visitors are advised to ensure that they are protected against mumps. The recommended vaccination schedule is the following:

- Teenagers and adults who have no evidence of protection against mumps (those that had mumps are considered immune for life) should receive at least 2 doses of mumps-containing vaccine, given 28 days apart, before coming to Yap.
- Children 12 months of age or older receive at least 2 doses of mumps-containing vaccine, given 28 days apart.

### Reminder regarding vaccinations

You should be up-to-date on your routine and recommended vaccinations, including for measles, mumps and rubella (MMR) as above mentioned, together with diphtheria, tetanus, pertussis and polio. You may also want to get vaccines for Hepatitis A, Hepatitis B, Typhoid Fever, and seasonal influenza. Consult your general practitioner for more advice about vaccinations. Remember that some vaccines require some time to take effect, and more than one dose may be needed.