SOP Objective
To ensure that Healthcare Workers (HCWs) are aware of the actions and precautions necessary to minimise the risk of outbreaks and the importance of diagnosing patients’ clinical conditions promptly.

This SOP applies to all staff employed by NHS Greater Glasgow & Clyde and locum staff on fixed term contracts and volunteer staff.

KEY CHANGES FROM THE PREVIOUS VERSION OF THIS SOP
• No key changes
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Mumps Aide Memoire

Consult SOP and isolate in a single room with:

- ensuite / own commode
- door closed
- IPC yellow sign on door
- dedicated equipment
- Care Checklist completed daily

Patient Assessed Daily

NO

It has been 5 days since the onset of parotid swelling

YES

- Stop isolation
- undertake terminal clean of room

SOP - Guidelines for patients in isolation:

Hand Hygiene: Liquid Soap and Water or alcohol based hand rub

PPE:
A fluid resistant Type 11R surgical mask and disposable yellow plastic apron and gloves should be worn for all routine care of the patient.

An FFP3 mask must be worn during AGPs and for up to 2 hours after the procedure depending on the air changes in the room.

Patient Environment: Twice daily chlorine clean

Patient Equipment: Chlorine clean after use and at least on a twice daily basis

Laundry: Treat as infected

Waste: Dispose of as Clinical / Healthcare waste

Incubation Period: 14 - 25 days

Period of Communicability: 7 days before, until 5 days after the onset of parotid swelling

Notifiable disease: Yes

Transmission route: direct, indirect droplet.

The most up-to-date version of this policy can be viewed at the following website:
www.nhsggc.org.uk/your-health/infection-prevention-and-control
1. Responsibilities

**Healthcare Workers (HCWs) must:**
- Follow this SOP.
- Implement care checklist
- Inform their line manager if this SOP cannot be followed.

**Clinicians must:**
- Notify NHSGGC Public Health Protection Unit (PHPU) if they diagnose a clinical case of Mumps.

**Microbiologists must:**
- Laboratory staff must notify NHSGGC PHPU if they make a laboratory diagnosis of Mumps.

**Senior Charge Nurses (SCN) / Managers must:**
- Support HCWs and Infection Prevention and Control Teams (IPCTs) in following this SOP.
- Advise HCWs to contact the Occupational Health Service (OHS) as necessary.

**Infection Prevention and Control Teams (IPCTs) must:**
- Keep this SOP up-to-date.
- Provide education opportunities on this SOP.

**Occupational Health Service (OHS) must:**
- Advise HCWs regarding immune status, possible infection exposure and return to work issues as necessary.
## 2. General Information on Mumps

<table>
<thead>
<tr>
<th><strong>Communicable Disease/Alert Organism</strong></th>
<th>Mumps virus (<em>Paramyxovirus</em> an enveloped virus)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clinical Condition</strong></td>
<td>A respiratory disease caused by the mumps virus. After an incubation period of about 16-18 days clinical features include fever and headache (day 1-6) followed by swelling of the parotid glands on one or both sides which usually lasts for up to 10 days or more. Up to 30% of cases in children have no symptoms. Complications include: aseptic meningitis, encephalitis, orchitis and deafness. If a clinical case of mumps is suspected, clinicians should seek advice from a paediatric/ adult ID physician.</td>
</tr>
<tr>
<td><strong>Incubation period</strong></td>
<td>Usually about 16-18 days. Full range 14-25 days.</td>
</tr>
<tr>
<td><strong>Mode of Spread</strong></td>
<td>The virus is present in saliva and respiratory secretions. <strong>Droplet transmission</strong> – droplets are dispersed in the air when the patient coughs, sneezes or talks. Droplets from an infected case land on the mucous membranes of the eyes, nose or mouth of a susceptible person. <strong>Direct contact</strong> – Direct contact with the saliva of an infected person. <strong>Indirect contact</strong> – Hands touching a contaminated surface then touching the mucous membranes of the eyes, nose or mouth of a susceptible person.</td>
</tr>
<tr>
<td><strong>Notifiable disease</strong></td>
<td>Yes. Cases should be notified by medical staff to: PHPU Consultant in Public Health Medicine (CPHM) via switchboard: Gartnavel Royal Hospital, West House, 1055 Great Western Road, Glasgow, G12 0XH.</td>
</tr>
<tr>
<td><strong>Period of communicability</strong></td>
<td>Seven days prior to the onset of the parotid swelling until 5 days after.</td>
</tr>
<tr>
<td><strong>Persons most at risk</strong></td>
<td>Anyone without immunity to the mumps virus. A history of mumps or 2 doses of MMR immunisation is considered evidence of immunity. Mumps in adulthood is more likely to cause severe disease. Pregnant women in the first trimester are at risk of spontaneous abortion.</td>
</tr>
</tbody>
</table>
3. Transmission Based Precautions for Patients with Mumps

<table>
<thead>
<tr>
<th>Accommodation (Patient Placement)</th>
<th>A single room preferably with en-suite facilities until 5 days after the onset of parotid swelling.</th>
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</thead>
<tbody>
<tr>
<td>Clinical/ Healthcare Waste</td>
<td>All non-sharps waste from patients with Mumps should be designated as clinical healthcare waste and placed in an orange bag. See NHSGGC Waste Management Policy</td>
</tr>
<tr>
<td>Domestic Services/ Facilities</td>
<td>Only staff who have had mumps or who have demonstrated immunity to mumps should enter the room to provide domestic services. Domestic staff must follow the SOP for Twice Daily Clean of Isolation Rooms. Cleans should be undertaken at least four hours apart. Please refer to NHSGGC SOP Twice Daily Clean of Isolation Rooms.</td>
</tr>
<tr>
<td>Equipment</td>
<td>Take only into the room that which is necessary. Where practical allocate individual equipment and decontaminate as per NHSGGC Decontamination SOP. Please refer to NHSGGC Decontamination SOP.</td>
</tr>
<tr>
<td>Exposures (patients)</td>
<td>Seek advice from an Infection Specialist. Contact ID at QEUH or the on-call consultant in paediatric infectious diseases at Royal Hospital for Sick Children (RHSC) via switchboard.</td>
</tr>
<tr>
<td>Exposure (staff)</td>
<td>Prevent exposure by allowing only HCWs who are immune to mumps to care for patients during the infectious period using Standard Infection Control Precautions (SICPs) and Transmission Based Precautions (TBPs). Refer to NHSGGC Occupational Related Illnesses SOP. Pregnant staff or staff who have been exposed and are unsure of their immunity status should contact Occupational Health and/or their own GP for advice as soon as possible.</td>
</tr>
<tr>
<td>Hand Hygiene</td>
<td>Mumps can be transmitted by direct/indirect contact. Hand hygiene is the single most important measure to prevent cross-infection. Hands must be decontaminated before and after each direct patient contact, after contact with the environment, after exposure to body fluids and before any aseptic tasks. Patients should be encouraged to carry out thorough hand hygiene. Please refer to NHSGGC Hand Hygiene SOP.</td>
</tr>
<tr>
<td>Last Offices</td>
<td>See National guidance for Last Offices</td>
</tr>
<tr>
<td>Linen</td>
<td>Treat used linen as soiled/ infected, i.e. place in a water</td>
</tr>
</tbody>
</table>
**Mumps Transmission Based Precautions**

**Soluble bag**

Any soiled clothing for home laundering should be placed into a specific water soluble bag then into a patient clothing bag before being sent home. All soiled clothing for home laundering should be accompanied with a Home Laundering Information Leaflet and staff should alert relatives / carers to the condition of the laundry. NB it should be recorded in the nursing notes that both advice and the information leaflet has been issued.

**Moving between wards, hospitals and departments (including theatres)**

Patient movement should be kept to a minimum. Prior to transfer, HCWs from the ward where the patient is located must inform the receiving area of the patient’s infection status and the IPCT. When patients need to attend other departments the receiving area should put in place arrangements to minimise contact with other patients and arrange for additional domestic cleaning if required.

**Notice for Door**

Yes, yellow IPC isolation sign

**Personal Protective Equipment (PPE)**

A fluid resistant (Type 11R) surgical mask, gloves and disposable yellow plastic apron should be worn for all routine care of the patient.

An FFP3 mask must be worn during AGPs and for up to 2 hours after the procedure depending on the air changes in the room.

**Precautions required until**

Precautions are required until 5 days after the onset of parotid swelling.

**Specimens required**

Mouth/ buccal swab in viral medium.

**Terminal Cleaning of Room**

See SOP Terminal Clean of Isolation Rooms.

**Visitors**

Clinical staff should explain the risk of Mumps exposure to visitors.

A history of mumps or 2 doses of MMR immunisation is considered evidence of immunity. Advise only those visitors with previous exposure to the patient while infectious, should be allowed to visit as long as they themselves are not infectious. Close contacts of the patient who are not immune could potentially be incubating the infection and should be advised against visiting. Contact the IPCT for advice.
4. Evidence Base

Immunisation against infectious disease ‘Green Book’ (2013). Department of Health
