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## STATE OF NEW HAMPSHIRE

### DEPARTMENT OF HEALTH AND HUMAN SERVICES

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## New Hampshire Department of Health and Human Services Guidance for Camps and Summer Programs in Response to Mumps

Since August 2009, a mumps outbreak that originated in a summer camp has been ongoing in several states. It is possible that mumps cases may occur in camps again this summer. The best protection against mumps is two doses of mumps vaccine (usually given as the measles-mumps-rubella, “MMR”, vaccine); however, crowded living conditions (as in a dormitory or camp) can promote the spread of mumps virus even among vaccinated persons. By following the important actions listed below, camps may reduce the chances of mumps transmission and outbreaks.

**The New Hampshire Department of Health and Human Services (NH DHHS) recommends the following important actions:**

- **Be prepared before camp opens**
- **Recognize the signs and symptoms of mumps**
- **Report suspect mumps cases immediately**
- **Document the vaccination status of staff and campers**

### **Be Prepared before Camp Opens**

- Work with state and local public health officials to establish lines of communication and to develop plans for addressing potential disease outbreaks in camp settings. Plans should include information on
  - what to do if campers or staff become sick, including how to separate them from others,
  - when to seek additional medical evaluation, and
  - how to provide care.
- Work with state and local health departments to develop mechanisms and protocols for monitoring illnesses, including mumps, and any requirements for reporting these illnesses.
- Review applicable New Hampshire State laws regarding public health–related camp requirements. For more information, see [NH Youth Recreation Camp Licensing Program](#).

## **Recognize the Signs and Symptoms of Mumps**

- The camp health director or other healthcare provider should 1) discuss the signs and symptoms of mumps with all camp staff and 2) develop a plan to follow if a suspect case of mumps is identified in the camp.
- The most common signs and symptoms of mumps include:
  - Swollen and tender salivary glands under the ears on one or both sides (parotitis)
  - Fever
  - Headache
  - Muscle aches
  - Tiredness
  - Loss of appetite
- Like other viral illnesses, mumps transmission can occur even before the salivary glands begin to swell. This infectious period lasts until 5 days after the swelling has begun and CDC recommends isolation of mumps patients during this time frame.

## **Report Suspect Mumps Cases Immediately**

Notify the NH Department of Public Health immediately if there is a suspected case of mumps in your camp by calling **603-271-4496 (After Hours: 603-271-5300 or toll free in NH only 1--800-852-3345 ext. 5300)**

- Advise camp staff and the parents of all children attending camp with a child with a suspected case of mumps to:
  - Watch for signs of mumps in their child, even if the child is vaccinated against mumps (many of the current mumps cases are occurring in children and adults who have been fully vaccinated.)
  - Know that the incubation time (how long it takes for symptoms to appear after a person is exposed to the virus) for mumps can range from 12 to 25 days.
  - Contact a healthcare provider immediately if a child develops symptoms compatible with mumps.

## **Document the Vaccination Status of Staff and Campers**

- Maintain vaccination records for all campers and staff;(readily accessible)
  - Documentation should include evidence of two doses of MMR vaccine or other mumps vaccine or other evidence of immunity, such as documentation of physician-diagnosed mumps, laboratory evidence of immunity, or birth before 1957.
  - Documentation should include dates of vaccination.
  - Documentation can be in the form of a vaccination record (shot card), pre-entrance health form, or an electronic immunization record.

- Communicate vaccine recommendations or requirements to campers and staff, including international staff, prior to attending camp.

These recommendations provide the best known protection for campers and staff against mumps with the goal of avoiding the camp disruption. Likewise, the MMR vaccine is a safe vaccine and provides the best protection against mumps infection. In some circumstances, additional vaccination may be warranted. For more information, see [Mumps Vaccination](#) and [Basics and Common Questions](#) about vaccines and immunizations.

The Advisory Committee on Immunization Practices (ACIP) recommends that persons be up to date with all vaccines in order to ensure individual protection against vaccine-preventable diseases and to ensure the high level of population immunity needed to prevent outbreaks.

**For any questions regarding the contents of this guidance, please contact NH DHHS Infectious Disease Investigation Section at 603-271-4496 (After Hours: 603-271-5300 or toll free in NH only 1-800-852-3345 ext. 5300)**