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Maine Health Alert Network (HAN) System

PUBLIC HEALTH ADVISORY

To: Health Care Providers
From: Dr. Siiri Bennett, State Epidemiologist
Subject: Confirmed Measles Case in Maine
Date / Time: Tuesday, May 21, 2019 at 5:30pm
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Abstract:

Maine Center for Disease Control and Prevention is reporting the first case of measles in Maine this year. Maine CDC confirmed the case on May 20th, 2019. The case involves a school aged child from Somerset County. The child was vaccinated, did not have any serious complications, and is fully recovered from the disease. Maine CDC is working with the family and clinicians to identify exposed contacts and to assess contacts for evidence of immunity. Measles is a highly contagious respiratory illness caused by a virus. Maine clinicians are asked to encourage vaccination and increase surveillance for rash illness suggestive of measles to identify early potential cases and prevent the spread of disease in Maine.

Confirmed Measles Case in Maine, May 2019

Summary

Maine Center for Disease Control and Prevention is reporting the first case of measles in Maine this year. Maine CDC confirmed the case on May 20th, 2019. The case involves a school aged child from Somerset County. The child was vaccinated, did not have any serious complications, and is fully recovered from the disease. Maine CDC is working with the family and clinicians to identify exposed contacts and assess contacts for evidence of immunity. Measles is a highly contagious respiratory illness caused by a virus. Maine clinicians are asked to encourage vaccination and increase surveillance for rash illness suggestive of measles to identify early potential cases and prevent the spread of disease in Maine.

Background

Measles is an acute viral respiratory illness. It is characterized by a prodrome of fever (as high as 105°F) and malaise, cough, coryza, and conjunctivitis followed several days later by a maculopapular rash. The rash usually appears about 14 days after a person is exposed. The rash spreads from the head to the trunk to the lower extremities. Measles can cause severe health complications including pneumonia, encephalitis, and death. Measles is transmitted when an infected person coughs or sneezes; **infected people are contagious from four days before their rash starts through four days afterwards**. After an infected person leaves a location, the virus remains viable for up to two hours on surfaces and in the air. Vaccination is the best method of protection against measles. The incubation period after exposure to onset of symptoms is typically 10-14 days, but can be as long as 21 days.

Control Measures

Maine CDC is working with the family and clinicians to identify exposed contacts and to assess individuals for evidence of immunity.

The public may have been exposed to measles if they were at the following locations during the defined time periods:

Location	Date	Time
Madison Junior High School	Tuesday April 30th Wednesday May 1st Thursday May 2nd Friday May 3rd	7am – 5pm
Madison Junior High School's Baseball Field	Thursday May 2nd	2:30pm – 7pm
Madison Junior High School's Baseball Field	Saturday May 4nd	7:00am – 12:00pm
Madison Area Memorial High School	Tuesday April 30th Wednesday May 1st Friday May 3rd	9:00am – 12:00pm

Waterville Pediatrics	Thursday May 2nd	7:50am – 10:15am
Redington Fairview Emergency Department	Saturday May 4th	9:30pm – Midnight
Redington Fairview Emergency Department	Sunday May 5th	12:01am – 2:15am
Redington Fairview Emergency Department	Monday May 6th	2:25pm – 5:25pm

Individuals potentially exposed (as defined by the table above) should review their vaccine history and monitor for symptoms. Individuals with symptoms should contact their providers for instructions before arriving at the providers' offices or hospitals. If symptoms are consistent with the disease, testing may be performed to determine whether the individual is infected. Individuals without symptoms should not be tested.

The best protection against measles is vaccination. MMR (measles, mumps and rubella) vaccine provides long-lasting protection against all strains of measles. Some people who get two doses of MMR vaccine may still get measles if they are exposed to the virus however the disease is usually milder and they are less likely to spread the disease to others. Vaccination recommendations are below:

- **Children.** All children should receive two doses of MMR. The first dose should be given at 12 through 15 months of age and the second at 4 through 6 years of age. Children who are 6 through 11 months of age who will be traveling internationally should receive 1 dose of MMR vaccine. Every effort should be made to identify and vaccinate children who are not up-to date.
- **Adults.** All adults should have acceptable proof of immunity to measles. For adults with no evidence of immunity to measles, 1 dose of MMR vaccine is recommended, unless the adult is in a high risk group (e.g., international travelers, health care workers, and college students), in which case 2 doses of MMR vaccine are recommended. Women are advised to not receive any live virus vaccine during pregnancy, including MMR.

Key points:

- Measles vaccine may prevent disease if given within 72 hours of exposure.
- Acceptable presumptive evidence of immunity against measles includes at least one of the following:
    - written documentation of adequate vaccination:
        - one or more doses of a measles-containing vaccine administered on or after the first birthday for preschool-age children and adults not at high risk
        - two doses of measles-containing vaccine for school-age children and adults at high risk, including college students, healthcare personnel, and international travelers
    - laboratory evidence of immunity
    - laboratory confirmation of measles
    - birth before 1957
- Consider measles as a diagnosis in anyone with a febrile rash illness and clinically compatible symptoms (cough, coryza, and/or conjunctivitis) who recently traveled abroad or who had contact with someone with a febrile rash illness.

- Asymptomatic patients should not be tested.
- Isolate suspect measles cases. Use airborne precautions until measles can be ruled out (surgical mask for patient, N-95 for provider, and negative pressure room if available).
- Obtain specimens for testing. Submission to Maine's Health and Environmental Testing Laboratory (HETL) is preferred as commercial laboratories can perform testing but their turnaround time can be up to a week. HETL can expedite testing for high suspects.
    - Oropharyngeal or nasopharyngeal swab for polymerase chain reaction (PCR)
    - Serum for IgM serology
    - See Laboratory Submission Information Sheet: http://www.maine.gov/dhhs/mecdc/public-health-systems/health-and-environmental-testing/micro/submitting_samples.htm

Reporting requirements:

- **All suspect cases of measles should be reported immediately by phone to 1-800-821-5821.**

For More Information:

- Maine CDC's measles webpage: http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vaccine/measles.shtml
- Federal CDC's measles webpage for healthcare professionals: https://www.cdc.gov/measles/hcp/index.html
- HETL's webpage www.mainepublichealth.gov/lab
- Maine Immunization Program webpage: https://www1.maine.gov/dhhs/mecdc/infectious-disease/immunization/
- Please follow your facility's procedures for environmental cleaning