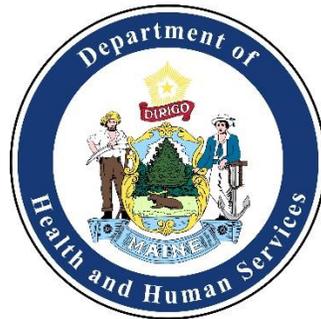


2026 Measles Update

Dr. Puthiery Va

Maine CDC Director

February 13, 2026



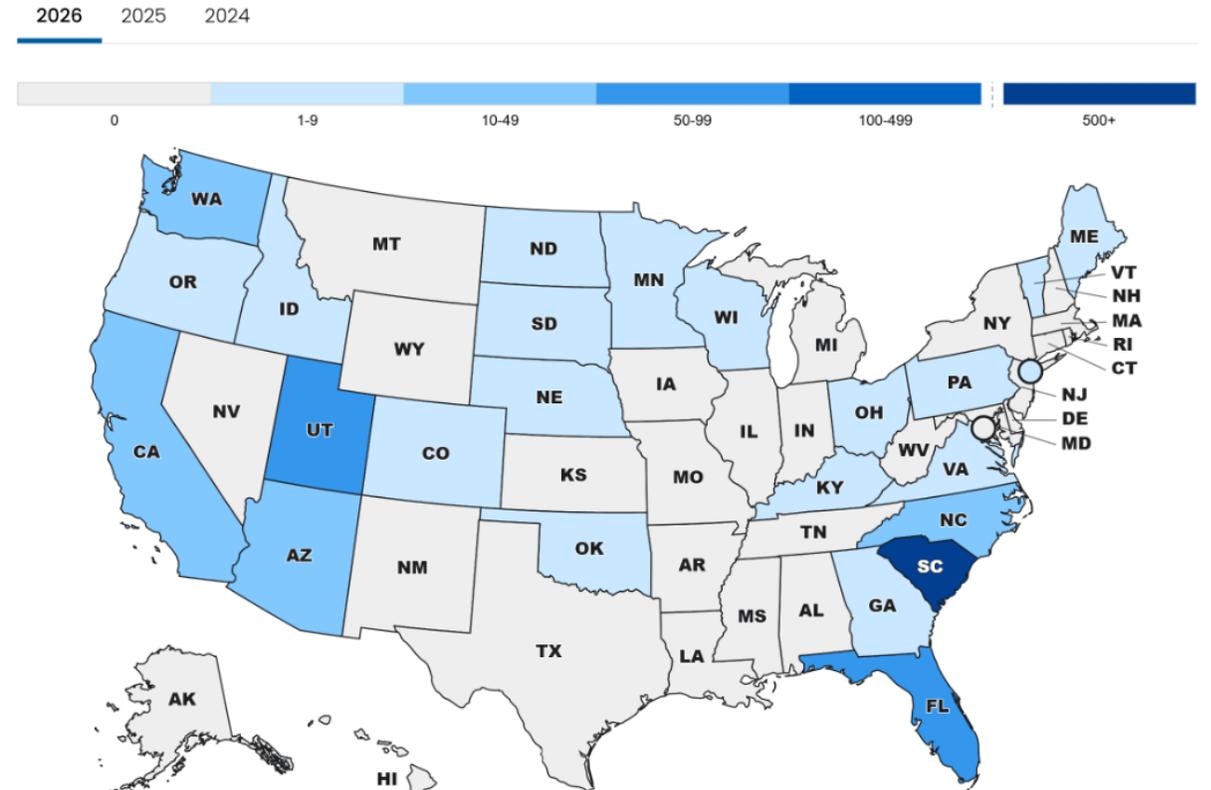
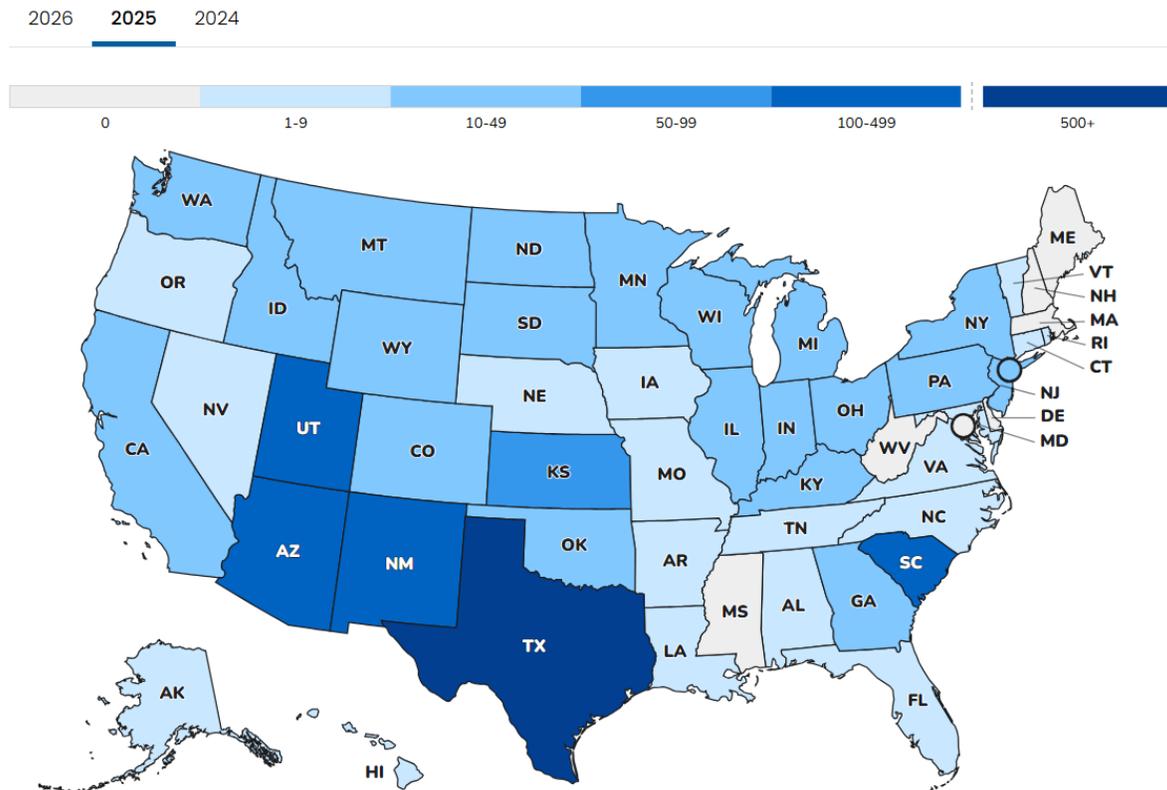
Situational Update - Maine

- On February 5th, Maine CDC confirmed **one case of measles** in an individual in Penobscot County with recent travel history to an area of Pennsylvania with an ongoing measles outbreak.
- Maine CDC investigation is ongoing
- Individuals who were at the following locations during the times listed were potentially exposed to measles and should watch for symptoms for **21 days** following exposure

LOCATION	DATE	TIME
Saint Joseph Hospital, Bangor, Maine Emergency Department	Feb. 3, 2026	8:30 AM – 11AM
Hill View Mini Barns, 1310 Stage Rd, Etna, Maine	Jan. 28, 2026 – Jan 29, 2026	All day

Situational Update - National

- Increasing number of states reporting cases and outbreaks



For Providers

- Maine clinicians should increase surveillance for febrile rash illness suggestive of measles to rapidly identify potential cases and prevent the spread of disease.
- The best protection against measles is vaccination.
- Providers who suspect measles in a patient should contact Maine CDC immediately at **1-800-821-5821** for consultation, expedited transportation, and testing of appropriate samples, and questions about infection control practices.

What is Measles?

- Measles is a highly contagious respiratory disease.
- It spreads from person-to-person by coughing and sneezing.
- Anyone can get sick with measles.
 - The best way to reduce the risk of getting measles is to get the measles vaccine.
- Measles is especially dangerous for babies and young children, pregnant women, and people who are immunocompromised.

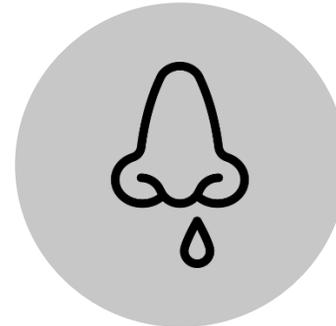
Measles Signs and Symptoms



Rash



Fever



Runny nose



Cough



Koplik Spots



Red, watery eyes

Measles Rash

Commonly
appears about
14 days after
exposure



<https://www.blackandbrownskin.co.uk/lower-limb/measles>



<https://skinsight.com/skin-conditions/rubeola-measles/>



<https://www.nhs.uk/conditions/measles/>

Spreads from
head to trunk
and lower
extremities



<https://www.cdc.gov/measles/symptoms/photos.html>

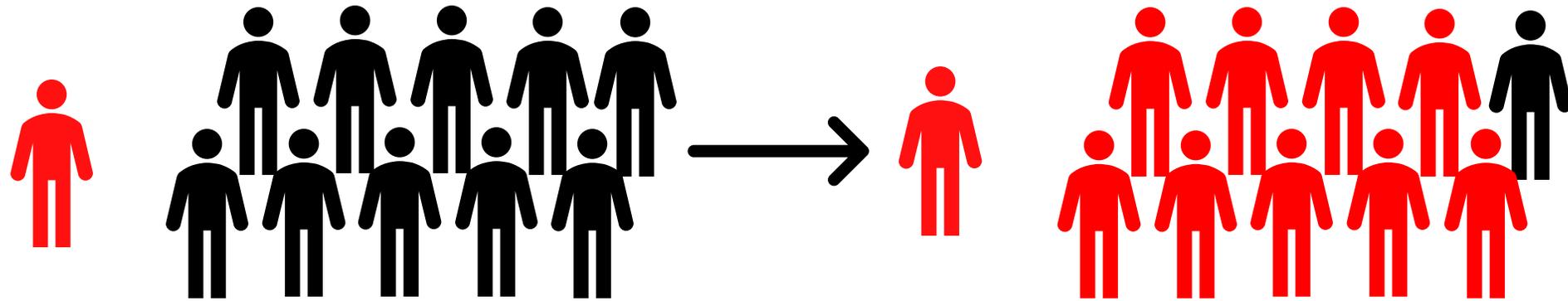


<https://skinsight.com/skin-conditions/rubeola-measles/>



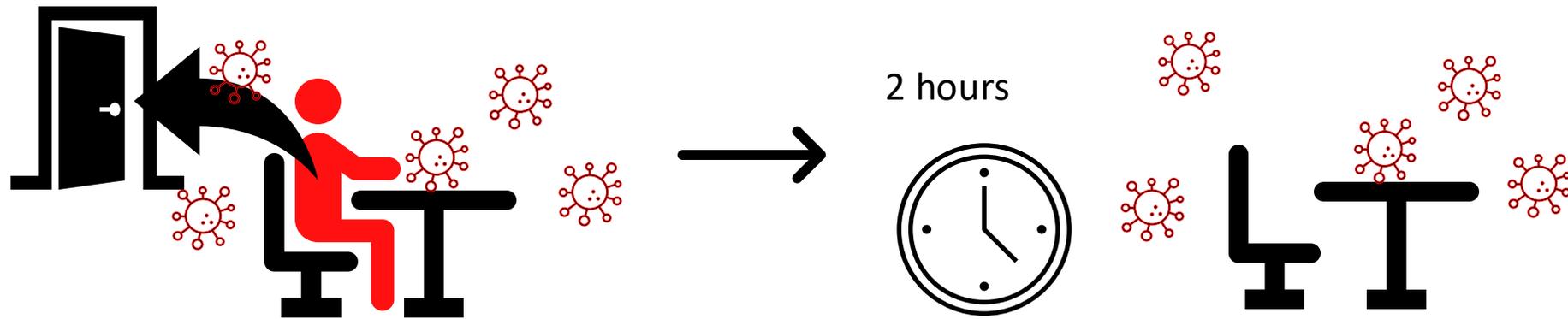
<https://phil.cdc.gov/Details.aspx?pid=4500>

Measles is Extremely Contagious



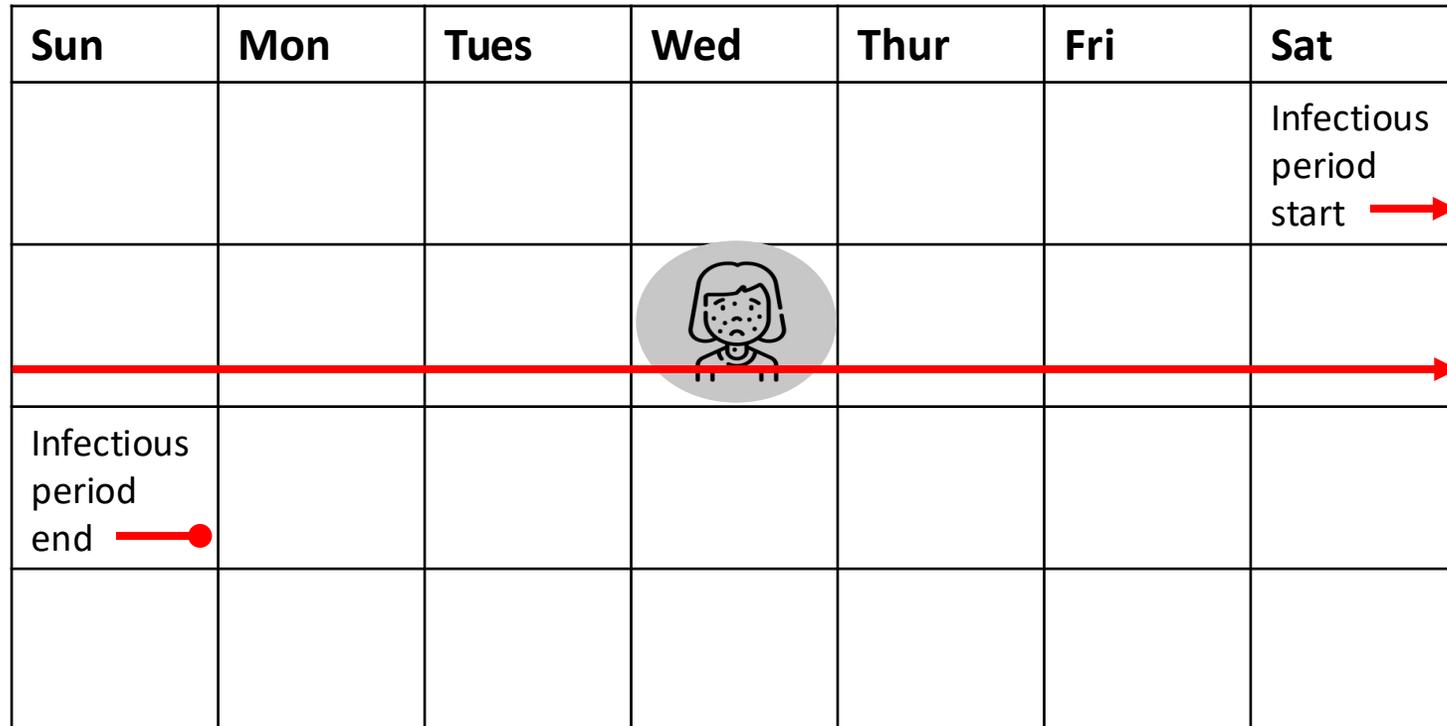
9 in 10 non-immune people will get measles if exposed to a person with measles.

Measles is Extremely Contagious



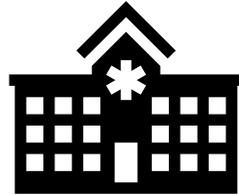
Measles virus can stay in a room for **2 hours** after a contagious person leaves the area.

Measles is Extremely Contagious

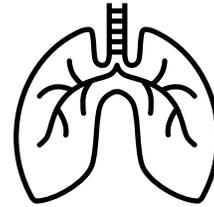


Infected people can spread measles to others from **four days before through four days after** the rash appears.

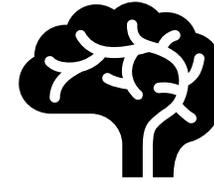
Measles can cause Severe Complications



In the US, 1 in 5 unvaccinated people who get measles is hospitalized.

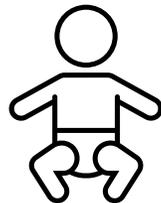


1 out of 20 children with measles get pneumonia. This is the most common cause of death from measles in young children.



1 in 1,000 children who get measles will develop encephalitis.

Who is at greatest risk of complications?



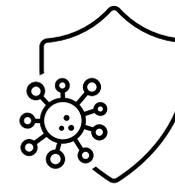
Children younger than 5 years of age



Pregnant People



Adults older than 20 years of age



People with compromised immune systems

<https://www.cdc.gov/measles/symptoms/complications.html#:~:text=Measles%20can%20be%20serious..complications%20include%20pneumonia%20and%20encephalitis>

Vaccine Effectiveness

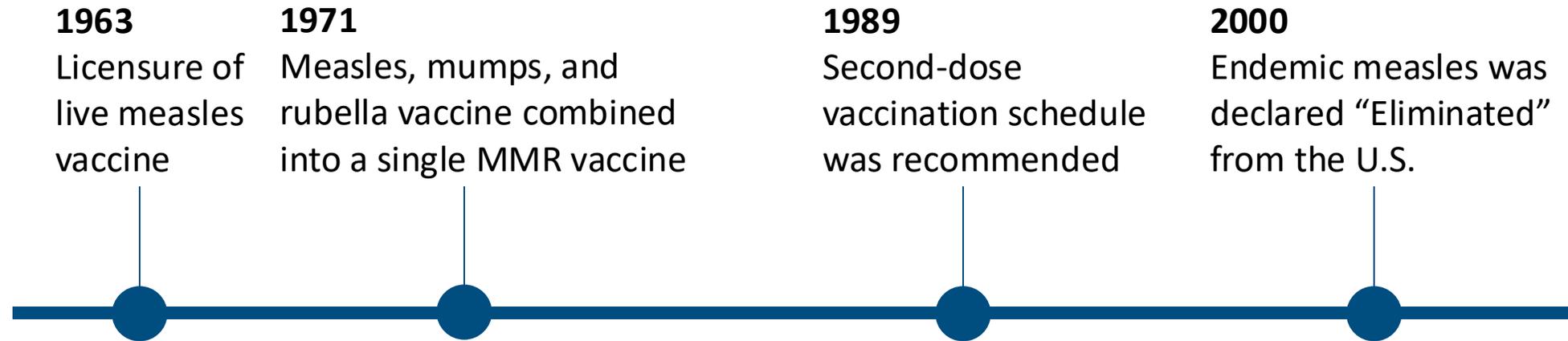


1 dose of measles, mumps, rubella
(MMR) vaccine is
93% effective at preventing measles
infection



2 doses of MMR vaccine is
97% effective at preventing measles
infection

Measles Vaccination Background



Key takeaways

Prior to 1963

549,000 measles cases
495 measles deaths
on average annually

After Vaccine Licensure

Reduction of measles
cases, hospitalizations,
and deaths in the U.S.

Standard Vaccination Recommendations

- **Children**

- All children should receive two doses of MMR vaccine
 - The first dose should be given at 12 through 15 months of age
 - The second dose should be given at 4 through 6 years of age

- **Adults**

- All adults should have acceptable proof of immunity to measles.
- For adults with no evidence of immunity to measles, standard recommendations are:
 - 1 dose of MMR vaccine
 - 2 doses of MMR vaccine if the adult is in a high-risk group (e.g., international travelers, and college students).
 - 2 doses of MMR vaccine for healthcare workers employed by Designated Healthcare Facilities

- **Pregnancy**

- MMR vaccine should not be administered during pregnancy

Maine CDC Expanded Vaccination Recommendations for Travelers

If traveling internationally or domestically to a region with known active measles outbreak:

Infants 6-11 months old should receive a dose of MMR. This early dose does not count toward the normal series. The child will still need the 12–15-month dose and the 4–6-year dose.

Everyone 12 months and older should have 2 doses of a measles containing vaccine unless they have acceptable evidence of immunity.

Individuals who received a measles vaccine between 1963 to 1967 are encouraged to speak with their doctor to determine if additional vaccination is needed.

- Individuals known to have received an inactivated dose measles vaccine should receive a single dose of MMR.
- Five percent of people who received measles vaccine between 1963 and 1967 received an inactivated vaccine.

Are You Protected From Measles?

- A person is considered protected from measles if they meet the standard vaccination recommendations or have acceptable evidence of immunity.
 - Written documentation of adequate vaccination
 - Laboratory evidence of immunity (IgG)
 - Laboratory confirmation of measles
 - Birth in the United States before 1957
- If you have questions or are unsure of your vaccination status, talk with a health care provider.

What is Maine CDC Doing?

- **Investigating all measles cases to:**
 - Identify areas of exposure
 - Identify and monitor at-risk contacts
 - Support providers and ill individuals to help limit risk
- **Communicating through:**
 - Press releases and health alerts to keep Mainers aware
 - Providing consultation for healthcare providers and the public
 - Providing educational materials for a range of audiences
 - Working with other states and public health agencies
- **Testing**
 - Samples at Maine's Health and Environmental Testing Laboratory (HETL)
 - Coordinating with U.S. CDC to facilitate genotyping

Measles Infection Prevention and Control (EMS)

Prepare

- Promote respiratory hygiene and cough etiquette
- Availability of PPE: mask for patient, N-95s for staff
- Use airborne and standard precautions
- Is your staff fit-testing and annual training for respirator use up-to-date?
- Review cleaning & disinfection products used for efficacy and EPA approval
- Review related policies, protocols, procedures with staff
- Know staff status of immunity to measles
- Can you identify and isolate a known or suspect case quickly?
 - Best = patient alerts you before arrival
 - Next best - patient alerts you before or upon entry to home

Measles Infection Prevention and Control (EMS)

Act

- Staff should use N95 for all patient interactions, **regardless of immunity status**
- Mask patient with surgical mask as soon as possible (face masks should not be worn by children under 2 years of age)
- Alert receiving facility regarding measles status ASAP (facility will need lead time to prep a negative pressure room)

Measles Infection Prevention and Control (EMS)

Recover

- Place back of ambulance (assuming physically separated cab) out-of-service for 2 hours, THEN clean and disinfect.
 - Air is contaminated for those 2 hours (the viruses is only viable for 2 hours outside host)
 - Uniform: use standard laundry practices
- Contact investigation
 - Identify those who...
 - shared air space with an infectious measles patient at the same time
 - shared air space vacated by an infectious measles patient within 2 hours and they did not have appropriate respiratory protection (N95), **regardless of immunity status**
- Management of Exposed Health Care Workers
 - Period of interest: 5th day from last exposure to day 21 or 28
 - [Measles | Infection Control | CDC](#)
 - If symptoms of measles before day 5, exclude from work pending further evaluation

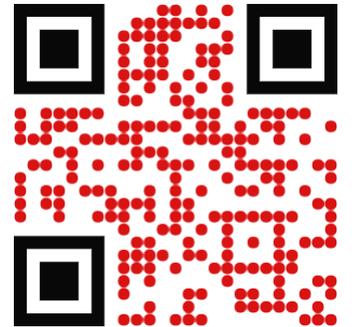
Key Takeaways

- Measles is extremely contagious and can cause severe health complications.
- Increasing number of states are reporting cases and outbreaks of measles
- Measles vaccine is the best way to prevent measles.
- Measles vaccine is safe and effective.

Provider Resources

- Maine CDC <https://www1.maine.gov/dhhs/mecdc/diseases-conditions/infectious-diseases/rash-illness/measles>
- HELT <https://www.maine.gov/dhhs/mecdc/services/maine-public-health-laboratory/clinical-microbiology/submitting-samples>
- CDC Interim Infection Prevention and Control Recommendations for Measles in Healthcare Settings <https://www.cdc.gov/infection-control/hcp/measles/index.html>
- CDC Be Ready for Measles Toolkit <https://www.cdc.gov/measles/php/toolkit/index.html>

Maine CDC Measles



Questions?

**24/7 Disease Reporting Contact Information:
Phone: 1-800-821-5821 (24 hours a day)**

**Maine Immunization Program Contact Information:
Phone: 1-800-867-4775**

