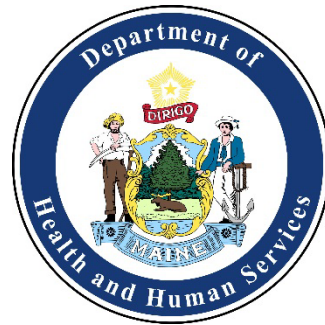


2026 Measles Update

Dr. Puthiery Va
Maine CDC Director

May 18th, 2026



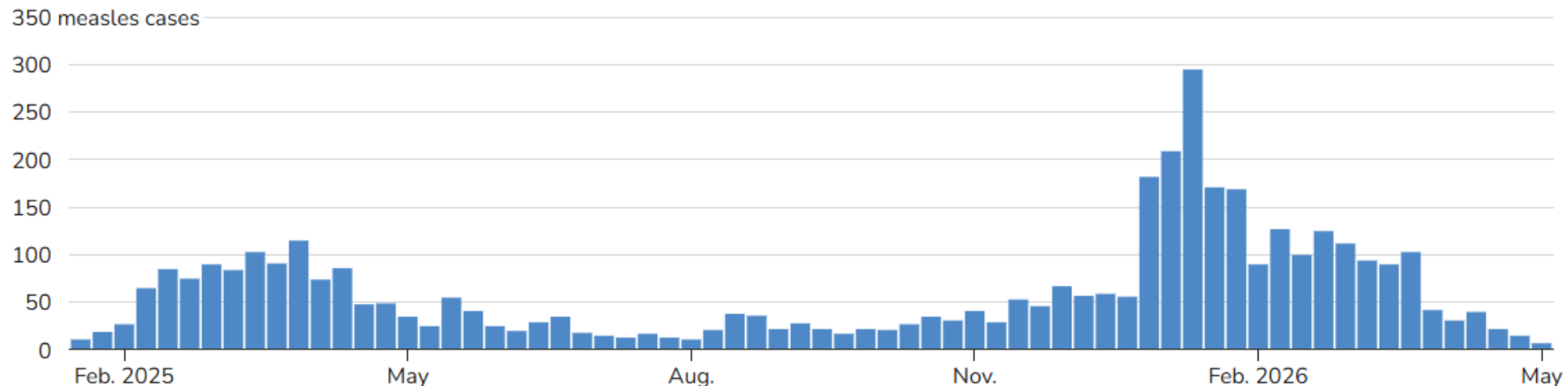
Situational Update - Maine

- 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 ultimately confirmed **5 measles cases** in a single cluster

Situational Update - National

- This is the first case of measles in Maine since 2019, but measles cases have been rising nationally
- 1,842 cases in 2026 as of May 14, 2026

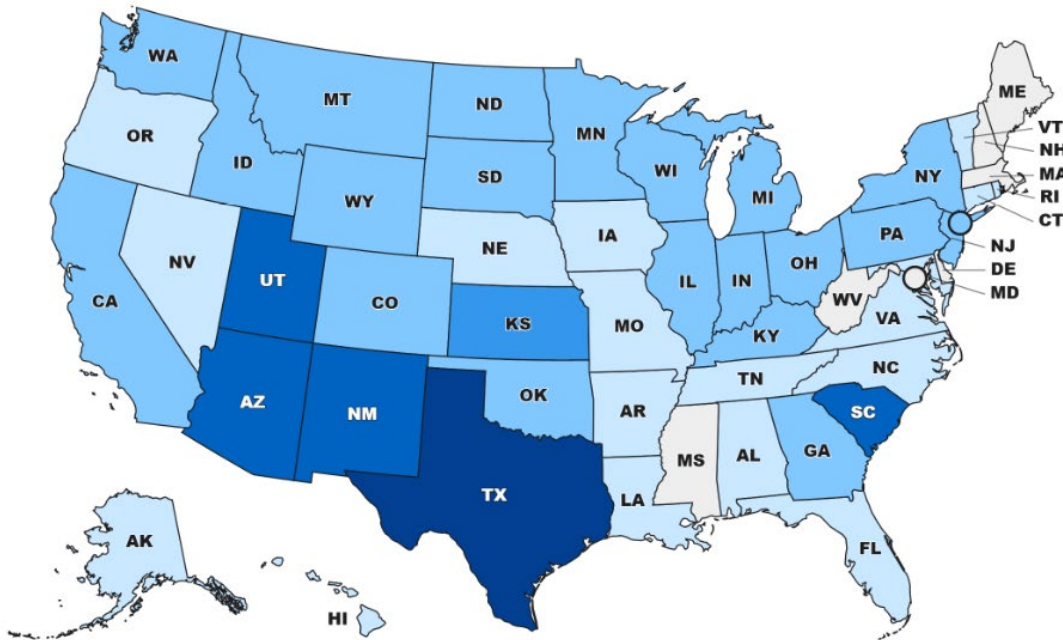
Weekly measles cases by rash onset date



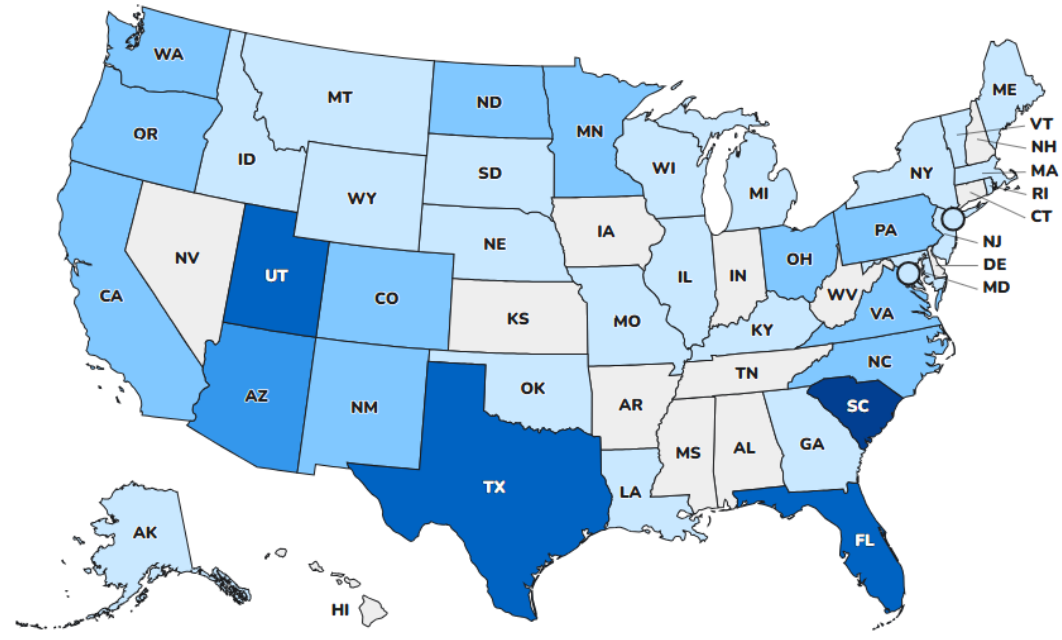
Situational Update - National

- Increasing number of states reporting cases and outbreaks

2025



2026



Situational Update - National

- Expecting high level of travel due to high profile public events across the country this summer (e.g., FIFA World Cup, U.S. 250th anniversary) in addition to routine summer travel



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.

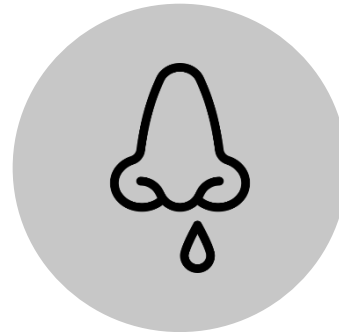
What is Measles?

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

Measles Signs and Symptoms



Cough



Coryza



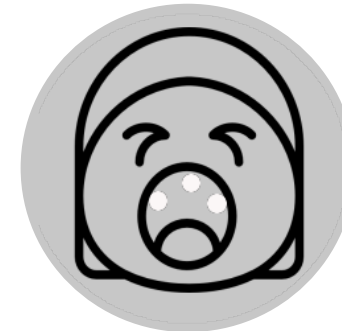
Conjunctivitis



Fever



Rash



Koplik Spots

Measles Rash

Commonly
appears about
14 days after
exposure



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



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



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

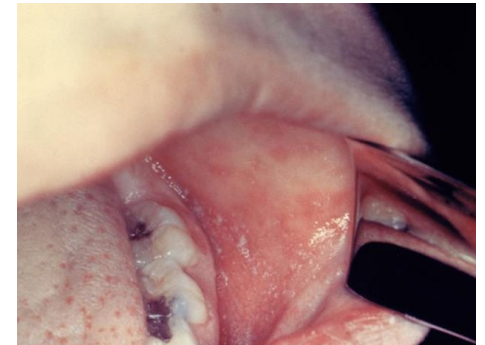
Spreads from
head to trunk
and lower
extremities



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

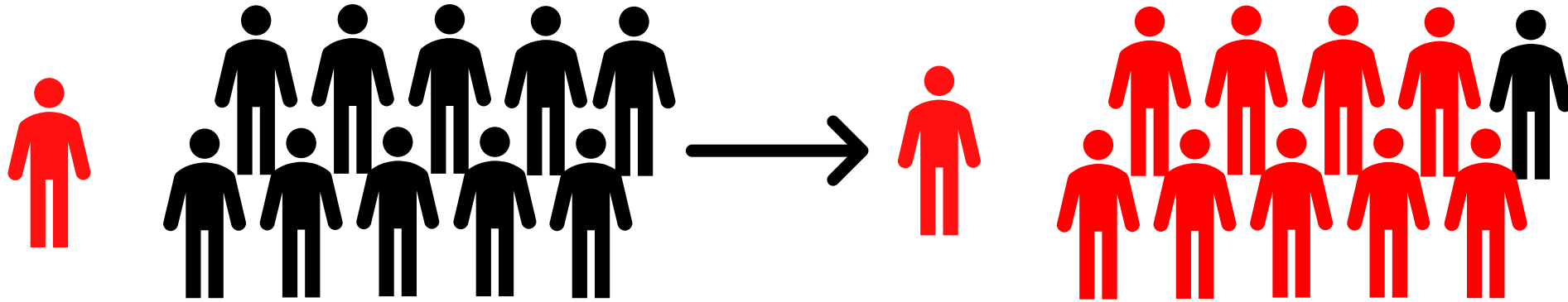


<https://skinsight.com/skin-conditions/rubeola-measles/>



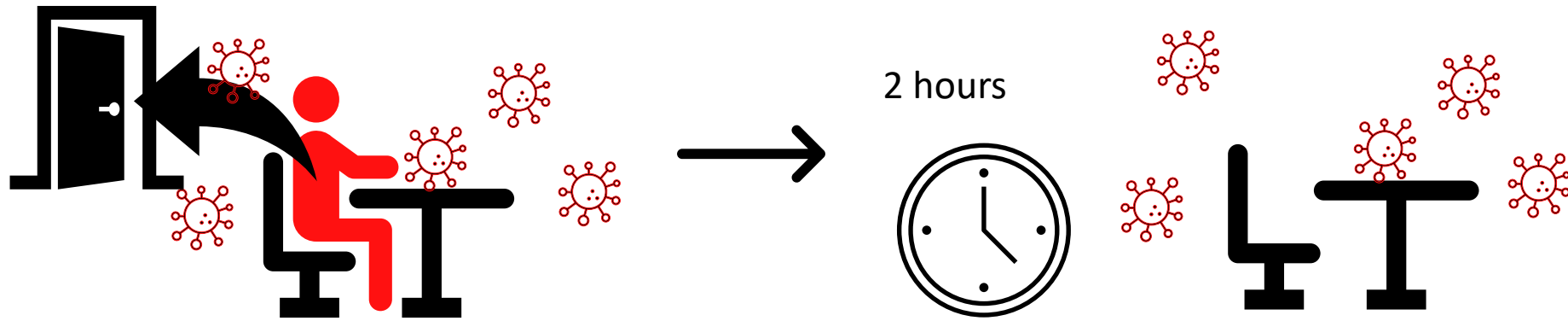
<https://phil.cdc.gov/Details.aspx?pid=4500>

Measles is Extremely Contagious



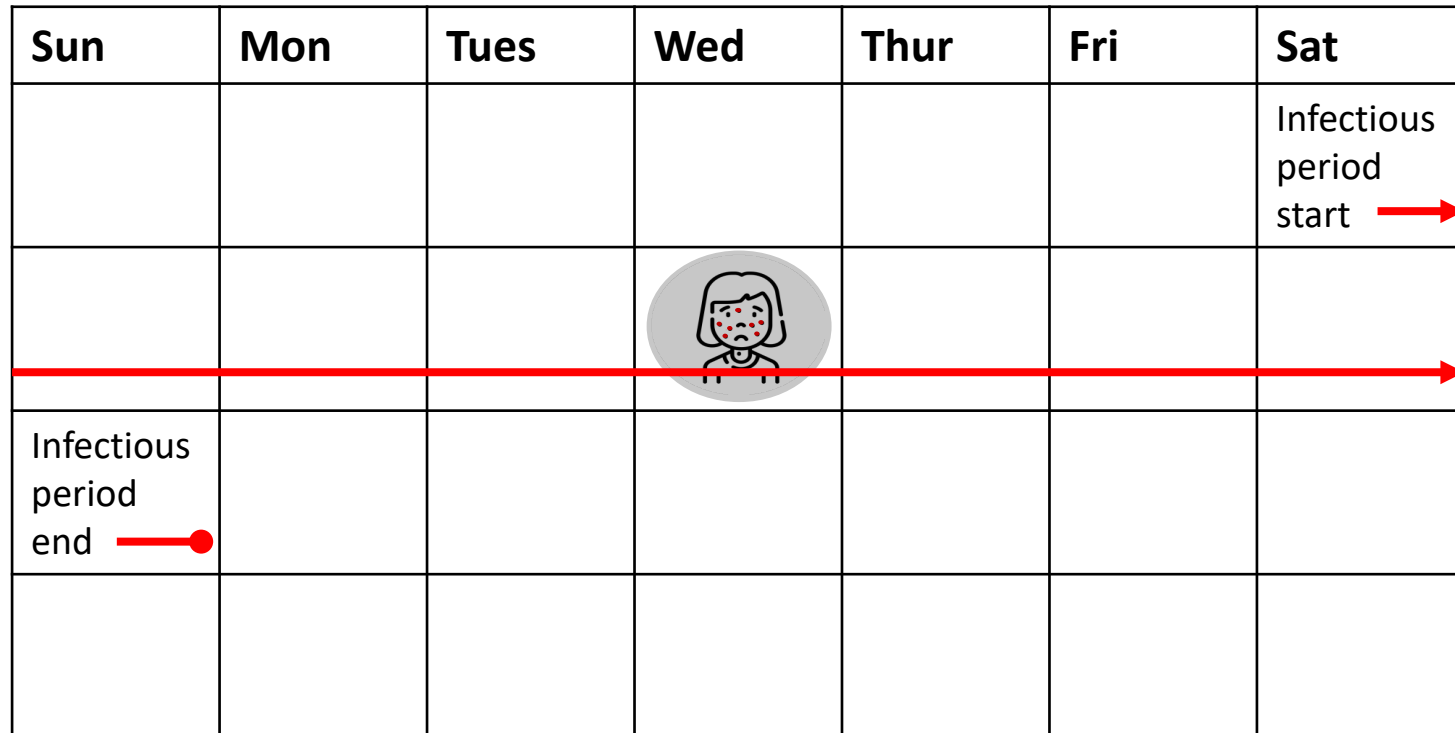
9 in 10 non-immune people will get measles if exposed to a person with measles.

Measles is Extremely Contagious



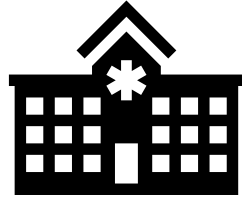
Measles virus can stay in a room for **2 hours** after a contagious person leaves the area.

Measles is Extremely Contagious

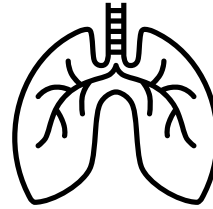


Infected people can spread measles to others from **four days before through four days after** the rash appears.

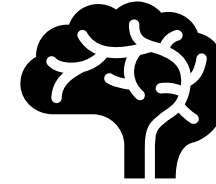
Measles can cause Severe Complications



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

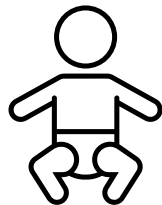


1 out of 20 children with measles get pneumonia. This is the most common cause of death from measles in young children.



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

Who is at greatest risk of complications?



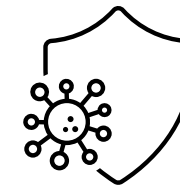
Children younger than 5 years of age



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>

Vaccination is the Best Defense against Infection and Outbreaks

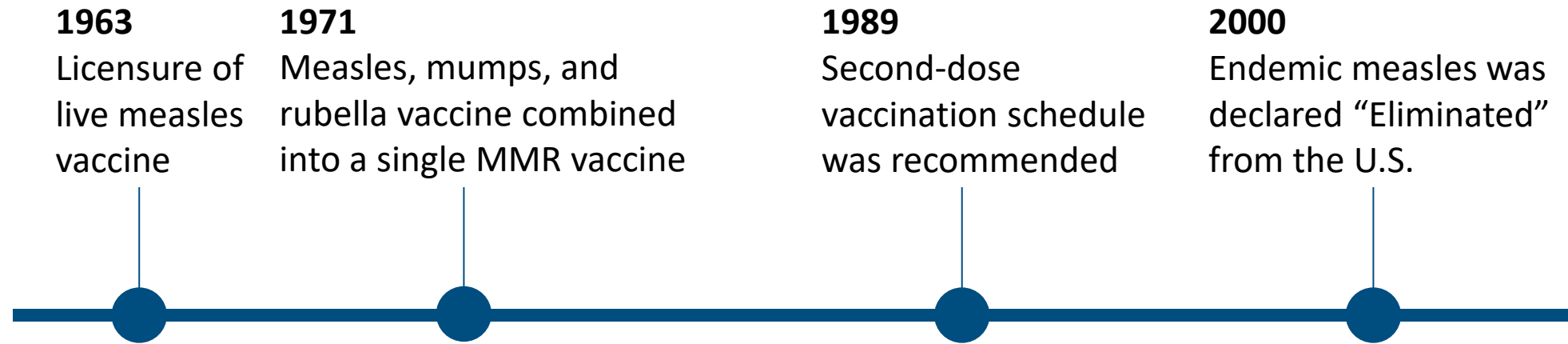


1 dose of measles, mumps, rubella (MMR) vaccine is 93% effective at preventing measles infection



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 School Vaccine Requirements

Required for PreK entry:

- 4 DTaP
- 3 Polio
- **1 MMR (measles, mumps, rubella)**
- 1 Varicella (chickenpox)

Required for 7th grade entry:

- All previously required vaccines
- 1 Tdap
- 1 Meningococcal Conjugate Vaccine (MCV4)

OR

- Medical exemption for one or all vaccines
- In the absence of a certificate of immunization, laboratory evidence of immunity to specific diseases or reliable history of disease documented by a Maine physician or other primary care provider
- Philosophical or religious exemptions are only allowable for students with an IEP and exemption in place prior to September 1, 2021

Required for Kindergarten entry:

- 5 DTaP (4 DTaP if 4th is given on or after 4th birthday)
- 4 Polio (3 Polio if the 3rd is given on or after the 4th birthday)
- **2 MMR**
- 2 Varicella (chickenpox)

Required for 12th grade entry:

- All previously required vaccines
- 2 MCV4 (only one dose is required if the 1st dose is given on or after 16th birthday)

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

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 Prevention and Response in School Settings

Prepare

- Promote respiratory hygiene and cough etiquette
- Communicate with staff, families, and caregivers about school policies
 - Vaccine requirements
 - Routine recommendations to stay home when sick
 - Procedures for students who develop measles symptoms at school (mask, isolate away from others, immediate pick up, medical evaluation prior to return to school)
- Ensure school has a supply of masks
- Ensure staff and students are immune to measles
 - If needed, partner with Maine CDC or local providers for vaccine clinics

<https://www.cdc.gov/measles/downloads/measles-checklist-K12-schools.pdf>

Measles Prevention and Response in School Settings

Act

- Give the individual a mask and isolate as much as possible. Keep door closed and windows to the outside open.
- Arrange for pick up as soon as possible, and encourage to seek medical care, notifying office or healthcare facility in advance of concern for measles
- Ensure staff who monitor an isolated child have evidence of immunity to measles and wear either a fitted respiratory (N-95) or disposable mask
- Contact Maine CDC (1-800-821-5821)

<https://www.cdc.gov/measles/downloads/measles-checklist-K12-schools.pdf>

Measles Prevention and Response in School Settings

Recover

- Keep isolation space vacant for at least 2 hours. Then clean and disinfect the space with an EPA-registered disinfectant suitable for hepatitis B and HIV (these are also effective against measles)
- Identify exposed contacts
 - Consider movement throughout the school (lunch periods, gym, special events)
 - Health department will provide recommendations regarding potential post-exposure prophylaxis (MMR vaccine or immune globulin) and school exclusions

<https://www.cdc.gov/measles/downloads/measles-checklist-K12-schools.pdf>

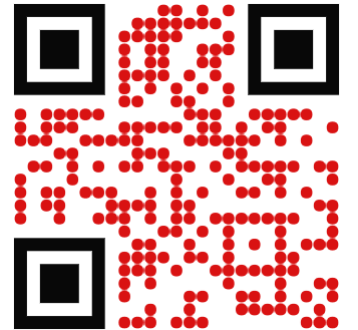
Key Takeaways

- 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.

Measles Resources

- Maine CDC <https://www1.maine.gov/dhhs/mecdc/diseases-conditions/infectious-diseases/rash-illness/measles>
- CDC Checklist for K-12 Schools
<https://www.cdc.gov/measles/downloads/measles-checklist-K12-schools.pdf>
- CDC Be Ready for Measles Toolkit
<https://www.cdc.gov/measles/php/toolkit/index.html>

Maine CDC Measles



Work with your friendly Maine CDC Field Epidemiologist!

1-800-867-4775

Aroostook District 8	Aroostook County	Maura Lockwood
Central -- District 5	Somerset and Kennebec Counties, Franklin County	Devin Myles
Cumberland -- District 2	Cumberland County	Emer Smith
Downeast -- District 7	Washington and Hancock Counties	Maura Lockwood
Midcoast -- District 4	Waldo, Lincoln, Knox, Sagadahoc Counties	Megan Kelley
Penquis -- District 6	Penobscot and Piscataquis Counties	Stacie Poulin
Western -- District 3	Androscoggin and Oxford Counties	Sarah Bly
York -- District 1	York County	Craig Rothfuss
Tribal Health District	5 Tribal Communities	

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**

