Maine CDC Health Advisory

*June 5, 2019*

**No new cases of Measles or Hepatitis A**

On May 20, the Maine Center for Disease Control and Prevention (Maine CDC) [announced](https://www.maine.gov/dhhs/mecdc/press-release.shtml?id=1278741) a case of measles involving a school-aged child from Somerset County. It was the first reported case in the state since 2017. The child was vaccinated, did not have any serious complications, and is fully recovered from the disease.

As of June 4, no new cases of measles have been reported in Maine. Given the incubation period for measles, Maine CDC would have expected to see any additional related cases emerge by May 27. While about 3 out of 100 people who get two doses of MMR vaccine will get measles if exposed to the virus, vaccination often leads to a milder illness and makes it less likely that an infected individual will spread the disease to other people.

Measles is a highly contagious viral disease characterized by fever; cough; runny nose; and red, watery eyes (conjunctivitis) followed by a rash that spreads from the head to the trunk to the lower extremities. Measles can cause severe health complications including pneumonia, encephalitis (brain swelling), and death. The incubation period – the period from exposure to onset of symptoms – is typically 10-14 days.

On May 17, Maine CDC [announced](https://www.maine.gov/tools/whatsnew/index.php?topic=DHS+Press+Releases&id=1277123&v=article) a case of hepatitis A in a Caribou food service worker. In response, Public Health Nurses and local hospitals administered approximately 1,350 doses of the hepatitis A vaccine to individuals in Aroostook County. The Department continues to monitor, and as of June 4, no new cases of hepatitis A have been reported in the state.

Hepatitis A is a vaccine-preventable liver disease caused by the h[epatitis A](https://www.maine.gov/dhhs/mecdc/health-advisory.shtml?id=1278402) virus that can be spread through contaminated food or water, especially in food prepared by a person who is infected. Symptoms begin to show 15-50 days after exposure to the virus. As such, Maine CDC expects July 2 to be the final day for any additional cases related to the Caribou exposure to emerge.

Individuals are encouraged to stay informed about their vaccination history and to ensure all recommended vaccinations are up to date.