Measles, Mumps, Rubella, Tetanus

Maine Surveillance Report | 2020

CASE INFORMATION	DEMOGRAPHICS	CASE / DISEASE INFORMATION

Measles

▼ **This is down from 1,282 cases in the U.S. in 2019 - the greatest number since 1992.**

0 Cases

13 Measles cases were reported in the US in 2020 across 8 jurisdictions

Measles outbreaks are occurring in every region of the world. Measles can enter the United States through infected travelers.

The COVID-19 pandemic may increase the risk of measles outbreaks as countries put off, or may put off, their measles campaigns. 2 does of the MMR vaccine are recommended to be fully protected against the disease.

Mumps

▼ **Across the U.S. there were 616 cases of mumps reported, the lowest rate since 2013.**

2 Cases

0.1 Cases per 100,000

0 cases were hospitalized

52 Average age of cases (in years)

Cases of mumps have decreased, possibly due to COVID-19 prevention measures. However, mumps continues to circulate. Vaccination is the best protection.

Rubella

0 Cases

Rubella elimination was achieved in the U.S. in 2004.

Since 2012, all rubella cases had evidence that they were infected when they were living or traveling outside the United States.

One dose of MMR vaccine is **97%** effective against rubella

Tetanus

▶ **There have been 3 cases of tetanus in Maine since 2013.**

0 Cases

Tetanus is very rare in the U.S.

Tetanus is uncommon in the United States, with an average of 30 reported cases each year. Nearly all cases of tetanus today are in people who never got a tetanus vaccine, did not receive a complete course of tetanus vaccines, or adults who didn't stay up to date on their 10-year boosters.

Tetanus vaccines protect essentially everyone for about 10 years. Protection decreases over time, so adults need to get a Td booster shot every 10 years to stay protected.

Prevention:

- **The best way to prevent measles, mumps, rubella and tetanus is to get vaccinated.**
- In addition to vaccination, to help prevent measles, mumps, and rubella:
  - Always practice good hand hygiene: wash your hands often and avoid touching your eyes, nose or mouth and don't share food, drinks or eating utensils with others
- To help prevent tetanus:
  - Practice good and immediate wound care.
  - Wash your hands before treating a wound, wash out the wound with clean water and apply an anti-bacterial compound

For more information visit:
www.maine.gov/dhhs/measles
www.cdc.gov/measles
www.maine.gov/dhhs/mumps
www.cdc.gov/mumps
www.maine.gov/dhhs/rubella
www.cdc.gov/rubella
www.maine.gov/dhhs/tetanus
www.cdc.gov/tetanus

Measles, mumps, rubella and tetanus must be reported to Maine CDC within 48 hours of recognition or strong suspicion of disease.
Telephone: 1-800-821-5821 Fax: 1-800-293-7534