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# Most Measles Cases in 25 Years: Is This the End of Measles Elimination in the United States? 

Clinician Outreach and Communication Activity (COCA) Webinar<br>emergency.cdc.gov/coca

May 21, 2019

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- If you are a patient, please refer your questions to your healthcare provider.


## At the conclusion of the session, participants will be able to accomplish the following:

- Identify the clinical presentation of measles.
- Discuss current measles epidemiology in the United States.
- List measles vaccine recommendations.
- Describe measles guidance in health care settings.


## Today's First Presenter



## Manisha Patel, MD, MS

Measles Surveillance Team Lead
Division of Viral Diseases
National Center for Immunization and Respiratory
Diseases
Centers for Disease Control and Prevention

## Today's Second Presenter



## Adria Lee, MSPH

Measles Epidemiology Team
Division of Viral Diseases
National Center for Immunization and Respiratory
Diseases
Centers for Disease Control and Prevention

## Today's Third Presenter



## Ryan Fagan, MD, MPH\&TM

Consultation and Training Team Lead Division of Healthcare Quality Promotion
National Center for Emerging and Zoonotic Infectious
Diseases
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## Measles

- Acute, febrile rash viral illness
- Transmitted by direct contact with infectious droplets or airborne spread
- Most contagious of the vaccine preventable diseases
$-R_{0}=12-16$
- Secondary attack rate in susceptible household contacts ~90\%



## Clinical presentation

- Incubation period 10-14 days (range 7-21 days)
- 2-4 day prodrome
- "The 3 C's": cough, coryza, and conjunctivitis
- Koplick spots (white lesions on inner cheek), 2 days before rash onset
- Fever up to $40.6^{\circ} \mathrm{C}\left(105^{\circ} \mathrm{F}\right)$
- Rash begins approximately 14 days after exposure - Rash onset date is "day 0 "
- Infectious period 4 days prior through 4 days after rash onset



## Measles Complications

| Diarrhea | $8 \%$ |
| :---: | :---: |
| Otitis media | $7-9 \%$ |
| Pneumonia | $1-6 \%$ |
| Hospitalized | 1 in 4 cases |
| Encephalitis | 1 per 1,000 cases |
| Death | $1-3$ per 1,000 cases |
| Subacute Sclerosing |  |
| Panencephalitis (SSPE) | 1 per 100,000 cases |

Complications are more common in children $<5$ years and adults.

## A few words on SSPE...

- Rare, but fatal progressive neurologic disease
- Higher incidence in children aged <2 years
- Onset 7 years after infection, but could present decades after
- Clinical symptoms
- Initially mild, mental deterioration (memory loss, behavioral changes)
- Progression to myoclonic seizures, motor disability, and eventually to a persistent vegetative state
- Death typically occurs within 1-3 years of diagnosis


## Prioritize measles on your differential diagnosis of a febrile rash illness if your patient:

- Has not been vaccinated against measles
- Has traveled internationally, or has been exposed to someone who traveled internationally, within 21 days prior to the onset of their rash
- Is living in or visiting a community where there is a measles outbreak


## If you suspect a case of measles you should:

- Mask and promptly isolate the patient in a room with the door closed
- Collect a throat or nasopharyngeal swab for molecular testing using realtime polymerase chain reaction (RT-PCR) and blood for serology (IgM)
- Call your local health department or infection control team
- Provide instructions on where to send specimens
- Identify who was exposed and who might need post-exposure prophylaxis with either MMR vaccine or immunoglobulin
- Prioritize exposed persons who are at high risk for serious disease including:
- Infants aged <1 year
- Pregnant women
- Persons with immunocompromising conditions

Measles Vaccine Recommendations and
Coverage, United States

## Measles Vaccine

- Licensed in 1963 in the U.S.
- Combination measles-mumps-rubella (MMR) vaccine licensed in 1971
- Vaccine effectiveness:
- 1-dose: ~93\%

- 2-doses: ~97\%
- Excellent safety profile over last 50 years
- Low risk of febrile seizures in children aged 12 - 23 months (1 in 3,000 doses)
- Temporary pain/stiffness in joints (teenage or adult women)
- Temporary low platelet count (1 in 30,000 doses)


## MMR Vaccine Coverage, National Immunization Survey,

 U.S., 1995-2017

## MMR Vaccine Routine Recommendations

- Children and Adolescents
- One dose at 12-15 months of age and a second dose at 4-6 years of age
- Adults without evidence of measles immunity*
- Most adults need one dose
- Two doses for high risk adults, at least 28 days apart
- healthcare personnel
- post-high school students
- international travelers
*Presumptive Evidence of Immunity
- Birth before 1957
- Laboratory evidence of immunity
- Laboratory confirmation of disease

2013 ACIP recommendations: $h t t p: / / w w w . c d c . g o v / m m w r / p d f / r r / r r 6204 . p d f$
2019 Adult Immunization schedule: http://www.cdc.gov/vaccines/schedules/hcp/adult.html

## MMR Vaccine Travel Recommendations

- Persons aged $\geq 12$ months without other evidence of immunity should receive 2 doses*
- Includes providing a $2^{\text {nd }}$ dose to children aged 1-4 years before they reach age 4-6 years
- Includes adults** who have only received one routine dose in the past
- Children aged 6-11 months should receive 1 dose
- If vaccinated at age 6-11 months, still need 2 subsequent doses at age $\geq 12$ months


## What adult providers need to know for their patients

- Providers do not need to actively screen adult patients for measles immunity
- high population immunity and low risk of disease among adults in non-outbreak areas in the U.S.
- Providers should make sure patients have measles protection before international travel
- U.S. residents traveling internationally are at high risk for acquiring measles abroad
- Importations into the U.S. can lead to transmission to susceptible persons, such as infants, and outbreaks
- Providers should vaccinate if the patient's measles immunity status is unknown - serologic testing is not recommended.
- There is no adult catch-up program for adults born before 1989, or otherwise


## What providers need to know about vaccination during outbreaks

- Providers should consult with local health departments for the most up-to-date recommendations
- This may include additional doses of MMR for your patients (similar to travel recommendations)
- In limited circumstances, health departments may recommend vaccination of infants 6 through 11 months of age with one dose of MMR vaccine
- Outbreak is affecting infants aged <12 months
- Outbreak demonstrates sustained, community-wide transmission
- Benefit of early protection against measles during a period of increased transmission and exposure should be weighed against risk of decreased immune response following subsequent MMR doses in infants vaccinated at $<12$ months of age compared with infants vaccinated at $\geq 12$ months of age
- MMR dose given prior to 12 months of age does not count towards routine schedule


## Summary

- Providers should prioritize measles on the differential diagnosis for any patient presenting with a febrile rash who is unvaccinated, recently traveled internationally, or may have been exposed to a measles case or outbreak
- Providers do not need to actively screen their adult patients for measles immunity
- Most adults in the United States are at low risk for measles b/c of high population immunity
- Providers should ensure patients traveling internationally be vaccinated against measles, or have other evidence of immunity
- This may mean additional doses of MMR for some patients
- Providers should consult with their local health departments during measles outbreaks to see if additional steps are needed to protect their community


## Epidemiology of Measles in the PostElimination Era, 2001-2019

Adria Lee, MSPH - Measles Epidemiology Team, Division of Viral Diseases, CDC

## Reported Measles Cases, United States, 1962-2019*



## Measles Elimination in the U.S.

- Elimination: Interruption of year-round transmission
- Does not imply zero incidence
- Vaccine coverage >90\% for 2 doses of MMR
- Strong public health response to each case
- Resource-intensive
- Epidemiology of measles during elimination characterized by
- Importations from endemic areas
- Limited spread among non-immune persons


## Number and Incidence of Reported Measles Cases U.S., 2001-2019* ( $\mathrm{N}=3470$ )



[^0]
## Measles Incidence Rate per Million (12M period)

| Top 10** |  |  |
| ---: | ---: | ---: |
| Country | Cases | Rate |
| Madagascar | 84804 | 3406.53 |
| Ukraine | 78659 | 1770.06 |
| India | 53170 | 40.15 |
| Pakistan | 22693 | 117.46 |
| Philippines | 16898 | 163.55 |
| Yemen | 13639 | 494.45 |
| Nigeria | 12745 | 68.53 |
| Brazil | 10316 | 49.68 |
| Thailand | 6914 | 100.4 |
| Kazakhstan | 5908 | 328.45 |
| Other countries with high incidence |  |  |
| rates** |  |  |
| Country | Cases | Rate |
| Georgia | 4678 | 1191.72 |
| Liberia | 2367 | 513.02 |
| Israel | 3755 | 458.38 |
| Kyrgyzstan | 2534 | 425.47 |
| The Republic of | 885 | 425.23 |
| North Macedonia | Albania | 1169 |



Based on data received 2019-05 and covering the period between 2018-04 and 2019-03 - Incidence: Number of cases / population* * 100,000-* World population prospects, 2017 revision - ${ }^{* *}$ Countries with the highest number of cases for the period - *** Countries with the highest incidence rates (excluding those already listed in the table above)

## Importation and Vaccination Status of Measles Cases U.S., 2001-2019*

- 3,470 measles cases reported to CDC during 2001-2019
- 710 (20\%) international importations
- 2,760 (80\%) US-acquired
- Vaccination status
- Unvaccinated: 2402 (69\%)
- Unknown: 655 (19\%)
- Vaccinated ( $\geq 1$ dose MMR): 413 (12\%)


## Who is bringing measles into the United States?

- U.S. residents traveling abroad are responsible for 64\% of direct importations



## Measles Importations by WHO Region - U.S., 2001-2019*

- Imported case-patients reported travel to 77 different countries during their exposure periods



## Measles Importations by State— U.S., 2001-2019*



Number of Reported Measles Cases by Month U.S., 2018-2019* (N=1252)


## Measles National Summary - January 1 - May 17, 2019

- 880 cases (24 states) from January 1 - May 17, 2019
- 55 (6\%) were internationally imported
- Top three source countries are the Philippines (15 imports), Ukraine (9 imports), and Israel (9 imports)
- 825 (94\%) were U.S.-acquired
- Median age 6 years (Interquartile range: 1.5 to 20 years)
- $90 \%$ of all reported cases were unvaccinated or had an unknown vaccination status
- 94\% of all reported cases are outbreak-related
- 75\% are related to outbreaks in NYC or NYS
- 9\% Hospitalized
- Genotypes identified: D8 and B3

Number and Vaccination Status of Measles Cases, by Age-Group - U.S., January-May 2019*

| Age-Group | No. of cases | IR per million <br> population |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: |

## Summary

- The United States remains in elimination, although ongoing outbreaks in closeknit communities and increased global measles activity puts the U.S. at risk for losing status
- Of the >3400 cases reported from 2001 to May 2019, one-third of cases have occurred in the past 18 months
- U.S. residents traveling abroad account for two-thirds of measles cases directly imported into the U.S.
- Almost 90\% of cases reported since 2001 were either unvaccinated or had an unknown vaccination status
- Unvaccinated infants remain the highest risk group

Healthcare infection prevention and control for measles
Ryan Fagan, MD - Consultation and Training Team Lead, Division of Healthcare Quality Promotion, CDC

## Introduction: Measles and Healthcare Settings

- During 2001-2014, $6 \%(78 / 1,318)$ of non-imported U.S. measles cases were transmitted in healthcare settings
- Though it is a rare occurrence, $66 \%(19 / 29)$ of healthcare personnel (HCP) infected at work had adequate evidence of immunity
- *Clin Infect Dis. 2015 Aug 15;61(4)
- Take steps to avoid delayed recognition + implementation of appropriate precautions for measles
- Persons at high risk for severe illness and complications include infants/children aged <5 years, adults aged >20 years, pregnant women, and immunocompromised persons


## Challenges

- Lack of data to clearly define exposure
- Airborne survivability of measles virus up to 2 hours https://www.cdc.gov/measles/about/transmission.html
- One of the most contagious of all infectious diseases
- Sometimes difficult to determine shared air space
- Most healthcare settings and areas within facilities are not engineered to handle highly contagious airborne agents


## Core Measles Prevention Strategies for Healthcare Settings

- Community vaccination is the main prevention strategy for ALL settings
- Proactively ensure that HCP have presumptive evidence of immunity
- Rapidly identify and isolate measles patients (known or suspected)
- Effectiveness of source control has not been formally studied for measles, however
- The evidence base is strong that facemasks help contain respiratory secretions in patients with respiratory viruses
- Adhere to Standard and Airborne precautions
- Appropriately manage exposed and ill HCP


## Minimize Potential Exposures Before Arrival

- By phone
- Ask about symptoms of measles
- Provide patient instructions for arrival
- Which entrance
- Which precautions (e.g., notify staff, provide facemask, follow triage procedures)
- By medical transport
- Instruct Emergency Medical Services staff to notify receiving facilities in advance when transporting a patient with known or suspected measles


## Minimize Potential Exposures upon Arrival

- Post visual alerts and instructions at entry points
- Prepare triage stations to rapidly identify patients with measles
- Provide facemask to patient
- Preferably, separate from other patients prior to entry to facility
- Isolate and adhere to Standard and Airborne Precautions
(https://www.cdc.gov/infectioncontrol/pdf/guidelines/isolation-guidelinesH.pdf )


## Patient Placement

- Immediately place the masked patient in an airborne infection isolation room (AIIR)
- For additional definitions and considerations see:
https://www.cdc.gov/infectioncontrol/pdf/guidelines/isolation-guidelines-H.pdf
- If AIIR not available
- Place the masked patient in a private room with the door closed
- Transfer as soon as possible to a facility with an AIIR
- Preferably, avoid placement where room exhaust is recirculated without highefficiency particulate air (HEPA) filtration


## Transporting Measles Patients Within and Between Facilities

- Limit transport to essential purposes (e.g., cannot be provided in patient's room / facility)
- Patient should wear a facemask
- Notify HCP in advance:
- Receiving area within the facility
- Transport vehicle
- Receiving facility


## Airborne Precautions

- AIIR should meet current standards with daily monitoring of pressure*
- All HCP entering the AIIR (regardless of presumptive evidence of immunity) should use respiratory protection at least as protective as a fittested, NIOSH-certified disposable N95 filtering facepiece respirator
- Continue for patients for 4 days after the onset of rash
- Or duration of illness for immunocompromised patients
- Limit visitors to those necessary for well-being and care
- Visitors without evidence of immunity should not enter the room

[^1]
## Airborne Infection Isolation Room (AIIR) Standards

- Provide at least 6 (existing facility) or 12 (new construction/renovation) air changes per hour
- Direct exhaust of air to the outside or direct through high efficiency particular air (HEPA) filtration before returning to air handling system
- Monitor pressure daily with visual indicators (e.g., smoke tubes, flutter strips) regardless of presence of differential pressure sensing devices


## Standard Precautions and Regulated Medical Waste for Measles Patients

- Standard cleaning and disinfection procedures
- EPA-registered disinfectants per manufacturer's instructions
- No special management of waste is required
- Follow federal and local regulations for management of regulated medical waste


## Assessment and Management of Exposures

- No established definition
- At the time as and up to 2 hours in a shared air space after a measles patient was present
- If known for a given air space (e.g., AIIR, most ambulances), the rate of air changes per hour (ACH) can be used to estimate the time for $99.9 \%$ removal efficiency for airborne contaminants
- Determination of shared air space beyond a single room/area depends on knowledge of specific air handling system
- Focus on reducing risk with core prevention strategies


## Air Changes per Hour (ACH) and Time for Airborne Contaminant Removal

| ACH | Time (mins.) required for <br> removal 99\% efficiency | Time (mins.) required for <br> removal 99.9\% efficiency |
| :---: | :---: | :---: |
| 2 | 138 | 207 |
| 4 | 69 | 104 |
| 6 | 46 | 69 |
| 8 | 35 | 52 |
| 10 | 28 | 41 |
| 12 | 23 | 35 |
| 15 | 18 | 28 |
| 20 | 14 | 21 |

https://www.cdc.gov/infectioncontrol/guidelines/environmental/appendix/air.html\#tableb1

## Outbreak Considerations Involving Large Number of Patients

- Consult infection control professionals before patient placement to determine the safety of alternative rooms that do not meet AIIR requirements
- Place together (cohort) patients with measles in areas of the facility that are separated from the rest of the patient population, especially those at increased risk for infection
- Use temporary portable solutions (e.g., exhaust fans) to create negative pressure environment in the converted area of the facility
- Discharge air directly outside away from people and air intakes, or
- Direct all air through HEPA filters before introduced to other air spaces


## Management of Exposures

- CDC recommendations have not changed: https://www.cdc.gov/measles/hcp/index.html\#prophylaxis
- Post-exposure prophylaxis
- Offer to people who cannot readily show that they have evidence of immunity against measles; note specific recs for infants, pregnant women, and severely immunocompromised patients
- For HCP without evidence of immunity, MMR within 72 hrs or IG within 6 days, and exclude from duty from day 5 after first exposure to day 21 after last exposure regardless of post-exposure vaccine
- Do not administer MMR + IG simultaneously; invalidates vaccine


## Measles Reporting within Facilities and to Public Health Authorities

- Promptly communicate with key facility staff, including leadership, infection control, hospital epidemiology, occupational health
- Immediately notify public health authorities about new cases, including suspected healthcare-associated transmission


## Thank you

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

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When: A few days after the live call

What: Video with closed captioning

Where: On the COCA Call webpage
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## Upcoming COCA Call

Topic: Update on Candida Auris
Date: Thursday, June 20, 2019
Time: 2:00-3:00 p.m. ET

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Atlanta, Georgia
http://emergency.cdc.gov/coca


[^0]:    *Source: National Notifiable Diseases Surveillance System (passive surveillance); 2018 and 2019 data as of May 17, 2019

[^1]:    *https://www.cdc.gov/infectioncontrol/pdf/guidelines/isolation-guidelines-H.pdf

