

1. Measles preparedness in Nebraska

- a. **Background:** Over the first two months of 2024 the United States has identified nearly as many measles cases (41) as we did for the entire 2023 calendar year (58.) Cases have been identified in 16 jurisdictions across the US and several outbreaks have been reported among unvaccinated individuals. Most people in the United States are protected and the MMR vaccine series (i.e., 2 doses in childhood) is 97% effective. Endemic measles was eliminated from the United States in the year 2000, meaning measles does not routinely circulate here, and outbreaks are initiated through individuals returning from international travel. Prior to vaccine, measles hospitalized 5,000 people yearly, left 100 permanently disabled yearly, and killed 50 people yearly. Now, one out of every 1,000 cases will develop encephalitis, which frequently leads to permanent disability, and 1-3 out of every 1,000 pediatric cases will die.
- b. **Now:** There has NOT been a measles case identified in Nebraska. We are preparing to ensure response is rapid and appropriate, if needed.
- c. **Preparations:** We are drafting a press release to communicate the current national situation and raise awareness about the importance of childhood immunizations. We are ensuring that vaccine and immunoglobulin are available for outbreak response, if needed. We are creating FAQs and medical communications to be used in case we experience an outbreak. We are working with local health departments, healthcare coalitions, and the medical communities across the state to ensure awareness and shared understanding.

2. Respiratory virus snapshot

- a. We are currently seeing the highest influenza A and influenza B activity we've seen so far this year. Influenza A has had two peaks this year. Both influenza A and influenza B positive tests are continuing to increase.
- b. RSV has been declining for approximately 9 weeks but has not returned to baseline yet.
- c. COVID-19 has been declining for approximately 10 weeks.

3. Updated seasonal respiratory virus guidance from CDC

- a. On Friday 1 MARCH 24 CDC updated community respiratory virus guidance to streamline and simplify common sense isolation and prevention measures. Updated guidance includes core prevention strategies (including immunizations, hand hygiene, steps for cleaner air, treatment, and staying home when sick) and additional prevention strategies for specific situations (including masking, distancing, and testing). CDC recommends to stay home and away from others when sick (until symptoms have improved and afebrile off fever-reducing medications for 24 hours) and also recommends to resume normal activities and take precautions for the following 5 days.

Have respiratory virus symptoms that aren't better explained by another cause?

- 1 **Stay home and away from others**
When, for 24 hours, both your symptoms are improving overall and you haven't had a fever (without fever-reducing medicine), you can move to the next step.
- 2 **Resume normal activities taking precaution for the next 5 days**
such as taking additional steps for cleaner air and/or hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.