

Janet T. Mills  
Governor

Jeanne M. Lambrew, Ph.D.  
Commissioner



Maine Department of Health and Human Services  
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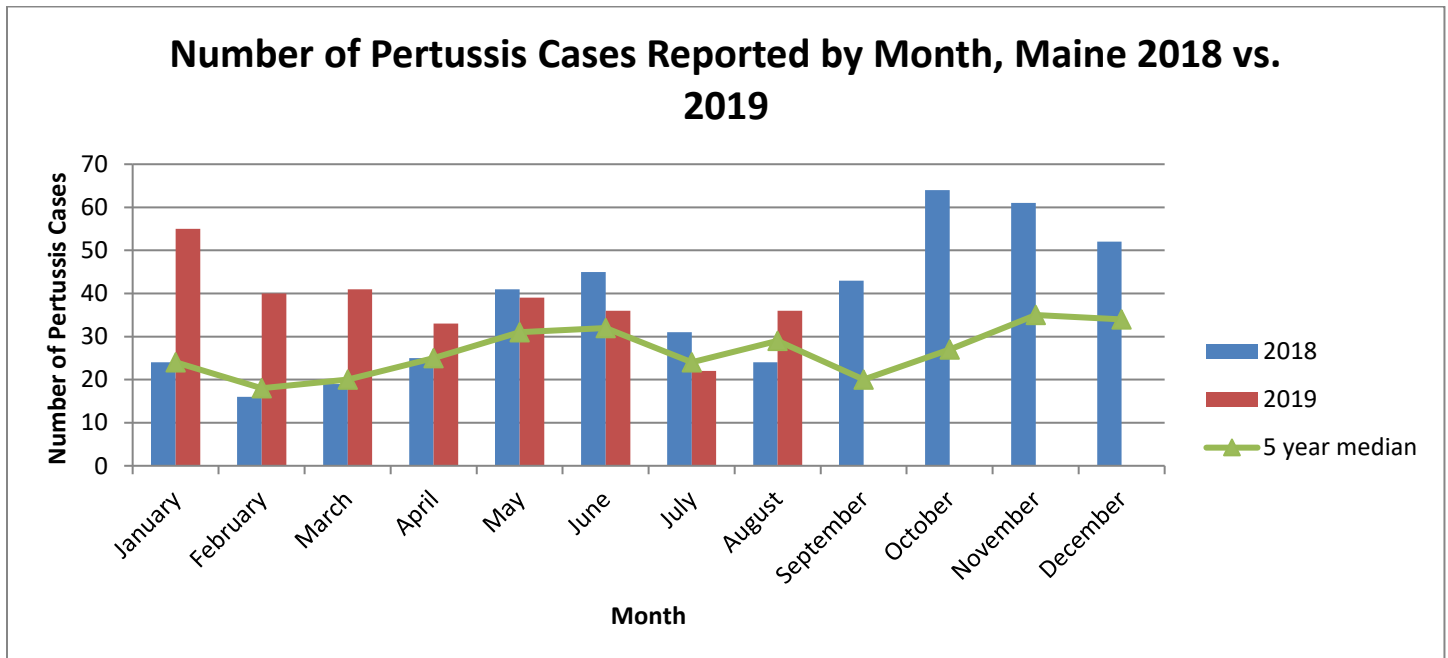
## Maine Monthly Pertussis Surveillance Report

### August 2019

Date of Report: Sept 16, 2019

This update summarizes cases of pertussis reported to the Maine Center for Disease Control from January 1<sup>st</sup> through August 31<sup>st</sup>, 2019. There were 36 pertussis cases reported statewide in August, compared to 24 reported cases in 2018 and a 5-year median of 29 during that same time (see below graph). Six counties had rates of pertussis above the state rate: Cumberland, Hancock, Knox, Lincoln, Waldo and Washington. Year to date, most cases were in kids between the ages of 11-19 (51.6%), the average age was 15.0 years and the median age was 13 years.

Two outbreaks were reported in August; one was in Hancock county and one in Washington county.



- The clinical case definition and surveillance case definitions of pertussis are different, so the reported number of cases may seem lower than expected
- All data presented is preliminary and subject to change

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**Table 1. 2019 Monthly Case Count, YTD Case Count and YTD Incidence Rate per 100,000**

County	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total Cases (YTD)	Incidence Per 100,000 (YTD)
Aroostook	0	0	0	0	0	0	0	0					0	0.0
Androscoggin	4	1	3	0	0	2	0	0					10	9.3
Cumberland	3	4	17	11	13	18	7	7					80	27.6
Franklin	0	0	0	0	0	0	0	0					0	0.0
Hancock	16	9	5	4	8	4	6	9					61	111.6
Kennebec	0	0	2	1	2	0	0	0					5	4.2
Knox	2	4	1	1	8	8	3	3					30	75.3
Lincoln	2	4	2	1	0	1	1	1					12	35.3
Oxford	0	1	0	1	1	0	1	4					8	14.0
Penobscot	1	0	2	0	0	0	0	2					5	3.3
Piscataquis	0	0	0	0	0	0	0	1					1	5.9
Sagadahoc	1	0	0	0	0	0	0	0					1	2.8
Somerset	0	1	0	0	0	0	0	0					1	2.0
Waldo	10	11	4	5	3	1	1	3					38	97.1
Washington	3	2	2	3	0	0	0	3					13	41.1
York	13	3	3	6	4	2	3	3					37	18.4
<b>Maine</b>	<b>55</b>	<b>40</b>	<b>41</b>	<b>33</b>	<b>39</b>	<b>36</b>	<b>22</b>	<b>36</b>					<b>302</b>	<b>22.7</b>

**Table 2. Pertussis cases by age group- Maine, Year to Date 2019**

Age Group	# of Cases	Percent of Cases
< 6 Months	5	1.6%
6-11 Months	11	3.5%
1-6 Years	56	17.8%
7-10 Years	38	12.1%
11-19 Years	162	51.6%
≥ 20 Years	42	13.4%

**Demographics: Average age: 15.0 years,  
Median age: 13 years. Min 1 month, Max 87  
years**

**52% Female, 48% Male**

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Table 3. Pertussis Outbreaks by County and Facility Type- Maine, Year to Date 2019

County	Facility Type		
	School (K-12)	Daycare	Other
Cumberland	4		
Hancock	2		
Lincoln	2		
Washington			1
York	2		

### Pertussis Prevention:

- The best way to prevent pertussis (whooping cough) among babies, children, teens, and adults is to get vaccinated.
  - For more information on pertussis vaccines visit <https://www.cdc.gov/pertussis/vaccines.html>
- Pertussis spreads by coughing and sneezing while in close contact with others, who then breathe in the bacteria. Practice good hand hygiene to prevent the spread of respiratory illnesses. To practice good hygiene, you should:
  - Cover your mouth and nose with a tissue when you cough or sneeze.
  - Put your used tissue in the waste basket.
  - Cough or sneeze into your upper sleeve or elbow, not your hands, if you don't have a tissue.
  - Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand rub if soap and water are not available.

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