

MEASLES ALERT

Information for NSW General Practitioners

Please distribute this information to all staff

Key points for GPs:

1. Watch out for measles – more cases have been reported
2. Isolate suspected cases
3. Ring the public health unit and arrange for urgent tests

Update: 6 measles cases have been reported over the past month.

- 3 recent cases were reported from Rozelle, Sydney City, and the Lismore area.
- Infectious cases visited Newtown, Balmain, Rhodes, Sydney Hospital and Byron Bay ED.
- There may be other people in the community with measles now or who will be developing symptoms over the next few weeks.

Who is at greatest risk of measles?

- Infants <12 months (too young to be vaccinated).
- Children > 12 months of age who have not been vaccinated against measles.
- Adults born since 1965 who have not received two measles-containing vaccines and have no evidence of immunity.
- Returned travellers

How does measles present?

- 2-4 days of prodromal illness with fever, cough, coryza, and conjunctivitis.
- A maculo-papular rash then typically begins on the face and neck and becomes generalised, and the fever continues.
- Measles cases are infectious from the day before the prodrome illness to 4 days after the onset of the rash.

How should GPs manage suspected measles cases?

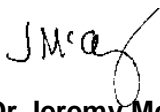
- ✓ **Isolate** suspected cases. Consider arranging to see suspected cases in their home with specimen collection or bring them in at the end of the day.
- ✓ **Notify** your local public health unit immediately - don't wait for test results before calling - they can advise on testing, infection control, and managing contacts.
- ✓ **Test** for measles. Collect blood for measles serology, a nose and throat specimen on a viral transport swab, and a urine sample (~50mL) for IFA/PCR.

Promote measles immunisation

- Routinely immunise infants at 12 and 18 months with a measles containing vaccine.
- Children over 18 months who have not had their second dose of measles vaccine can be vaccinated now.
- Ensure all young adults have had 2 doses of a measles containing vaccine. NSW Health provides free MMR vaccine for all people born since 1965 who do not have 2 documented doses.
- Opportunistic immunisation is especially important for young adults planning overseas travel.
- Health care workers are at increased risk. Ensure that you and your staff are also immunised.

Further Information:

- NSW Health measles website:
<http://www.health.nsw.gov.au/Infectious/diseases/Pages/measles.aspx>
- Contact your local public health unit on **1300 066 055**



Dr Jeremy McAnulty

Director, Centre for Health Protection

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NSW Ministry of Health

ABN 92 697 899 630

73 Miller St North Sydney NSW 2060

Locked Mail Bag 961 North Sydney NSW 2059

Tel. (02) 9391 9000 Fax. (02) 9391 9101

Website. www.health.nsw.gov.au