Communicable Diseases Weekly Report

Week 7, 12 to 18 February 2017

In summary, we report:

- Measles
- Listeriosis
- Summary of notifiable conditions activity in NSW

For further information on infectious diseases on-line see NSW Health Infectious Diseases.

Also see NSW Health Infectious Diseases Reports for links to other surveillance reports.

Measles

One case of measles was notified in this reporting period in an infant from South Western Sydney Local Health District (SLHD). This infant was too young to be vaccinated. They acquired the infection outside of Australia, but developed symptoms after returning to Sydney.

Identified close contacts are being followed up by the local public health unit, however the case also travelled by bus through Campbelltown, Leumeah and Minto on 8 February while infectious. This is the sixth case of measles in 2017, highlighting the importance of vaccination.

The measles virus is transmitted from person to person via respiratory secretions in the air following coughing and sneezing. Symptoms of measles include fever, runny nose, sore red eyes and cough, followed 3-4 days later by a red blotchy rash spreading from the head and neck to the rest of the body.

Infection with the measles virus can be serious with common complications including middle ear infection and viral or bacterial bronchopneumonia. Acute encephalitis occurs rarely and subacute sclerosing panencephalitis is a very rare fatal complication, occurring many years after infection in about 1 per 100,000 cases.

Vaccination is highly effective at preventing measles with two doses of measles containing vaccine offering protection against infection in 99 per cent of people. Vaccination not only benefits those who receive it but also protects others, such as those too young or unable to be vaccinated, by reducing the risk that an unvaccinated person is exposed to measles virus; this is known as herd immunity.

Anyone born in or after 1966 should have had two doses of measles containing vaccine, which is free for people up to 51 years of age in NSW. Measles containing vaccine is now routinely offered to all children at 12 months (as measles-mumps-rubella) and 18 months (as measles-mumps-rubella-varicella) of age through the National Immunisation Program.

People born in or after 1966 and who are unsure of their vaccination status, or have not had two vaccine doses in the past (and not had a confirmed measles infection), should consult their GP for more advice. This is particularly important prior to overseas travel as the risk of being exposed to a case of measles is greater when travelling. Parents taking young infants overseas to countries where measles is common should discuss vaccination with their GP before they leave. In some circumstances measles vaccine can be given as early as 9 months of age, however two further doses at 12 and 18 months are still required for full protection.

For more information please follow these links:

- measles fact sheet
- measles notifications
- measles vaccination information.

Listeriosis

Two new cases of *Listeria* infections (listeriosis) were reported this week (Table 1). The cases are a mother and baby pair. The baby was delivered at full term by caesarean section; it had sepsis at birth and required intensive care. The mother had mild fever prior to the delivery but no other symptoms.

Listeriosis is a rare illness caused by eating food contaminated with a bacterium called *Listeria monocytogenes*. This bacterium is widespread throughout nature, being commonly carried by many species of both domestic and wild animals. Outbreaks of illness have been associated with raw milk, soft cheeses, pre-prepared salads (for example, from salad bars), unwashed raw vegetables, pâté, cold diced chicken and pre-cut fruit and fruit salad. Babies can be born with listeriosis if their mothers eat contaminated food during the pregnancy. *Listeria* survives refrigeration but is sensitive to cooking temperatures.

People at increased risk of listeriosis include pregnant women and their unborn child, newborns, older people and people with weakened immune systems; for example, people on cancer treatment or steroids, or people with diabetes, kidney disease, liver disease or living with HIV infection. Listeriosis may be severe in these individuals, and infections during pregnancy may cause still birth or premature delivery.

People at increased risk of listeriosis should not eat pre-packed cold salads including coleslaw and fresh fruit salad, pre-cut fruit, pre-cooked cold chicken, cold delicatessen meats, pâté, raw seafood, uncooked smoked seafood (e.g. smoked salmon), unpasteurised milk or milk products, soft cheeses (e.g. brie, camembert, ricotta or blue-vein), sprouted seeds or raw mushrooms. Fruit and vegetables eaten raw should be thoroughly washed prior to eating.

Follow the links for further listeriosis data, the listeriosis factsheet and the NSW Food Authority Food safety during pregnancy brochure.

Summary of notifiable conditions activity in NSW

The following table summarises notifiable conditions activity over the reporting period (Table 1).

Table 1. NSW Notifiable conditions from 12 to 18 February 2017, by date received*

		Weekly		Year to date			Full Year	
		This week	Last week	2017	2016	2015	2016	2015
Enteric Diseases	Cryptosporidiosis	55	60	302	179	138	1187	1038
	Giardiasis	79	84	534	632	503	3495	3416
	Hepatitis A	1	2	8	7	13	40	71
	Listeriosis	2	1	3	8	3	36	26
	Rotavirus	5	9	108	113	63	745	1036
	STEC/VTEC	2	0	12	8	4	64	29
	Salmonellosis	117	131	801	1072	852	4546	4040
	Shigellosis	5	5	45	46	31	306	172
	Typhoid	6	6	26	32	12	74	82
Respiratory Diseases	Influenza	152	172	1165	759	451	35537	30306
	Tuberculosis	8	8	49	73	44	532	445
Sexually Transmissible Infections	Chlamydia	600	676	4155	3642	2983	26037	22547
	Gonorrhoea	168	215	1388	892	692	7024	5395
Vaccine Preventable Diseases	Adverse Event Following Immunisation	4	3	20	17	14	253	186
	Measles	1	1	6	1	4	16	9
	Mumps	2	2	12	5	9	62	64
	Pertussis	107	128	979	2236	801	10963	12083
	Pneumococcal Disease (Invasive)	15	7	46	36	32	543	495
Vector Borne Diseases	Dengue	8	5	54	57	58	465	343
	Ross River	67	69	590	70	207	538	1637
Zoonotic Diseases	Q fever	4	4	27	41	30	231	265

*** Notes on Table 1: NSW Notifiable Conditions activity**

- Data cells represent the number of case reports received by NSW Public Health Units and recorded on the NSW Notifiable Conditions Information Management System (NCIMS) in the relevant period.
- Data cells in the 'Adverse Event Following Immunisation' category refer to suspected cases only. These reports are referred to the Therapeutic Goods Administration (TGA) for assessment. Data on adverse events following immunisation is available online from the TGA Database of Adverse Event Notifications.
- Only conditions for which at least one case report was received appear in the table. HIV and other blood-borne virus case reports are not included here but are available from the Infectious Diseases Data webpage.