

# MEASLES ALERT

## Information for NSW General Practitioners

*Please distribute this information to all staff*

### Key points for GPs:

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

### 3 cases of measles have been notified in Sydney in the past week.

- Cases have been reported in young adults in Hurlstone Park, Earlwood, and Croydon areas
- Infectious cases also visited Alexandria, Rozelle, Rockdale, and Royal Prince Alfred Hospital
- There may be other cases 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 fully vaccinated against measles.
- Adults born during or since 1966 who have not received two measles-containing vaccines and have no evidence of immunity.

### 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?

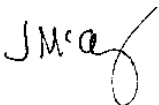
- ✓ **Isolate** suspected cases. Arrange to see suspected cases in their home or bring them in at the end of the day.
- ✓ **Notify** your local public health unit immediately - don't wait for test results before calling - they can advise on testing, infection control, and managing contacts.
- ✓ **Test**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

### Promote measles immunisation

- Routinely immunise infants at 12 and 18 months with 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 measles containing vaccine. NSW Health provides free MMR for all people up to 47 years 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: [www.health.nsw.gov.au/factsheets/infectious/measles.html](http://www.health.nsw.gov.au/factsheets/infectious/measles.html)
- Contact your local public health unit on **1300 066 055**



**Dr Jeremy McAnulty**

Director, Centre for Health Protection  
23 September 2013