

# MEASLES ALERT

Information for CESP HN GPs

*Please distribute this information to all staff*



Health

South Eastern Sydney  
Local Health District

1. Measles has been confirmed in a local resident
2. Secondary cases may arise in the coming week.
3. Isolate suspected measles cases and notify the PHU

## What has happened?

- The first case of measles in NSW since February 2020 has been confirmed in an adult resident of South Eastern Sydney LHD.
- The infection was acquired overseas.
- The person was infectious in the community for several days, with known exposures at St Andrew's Catholic Church Malabar on September 4, Maroubra Road Physiotherapy on September 5, UNSW on September 6 and Pacific Square Malabar on 7 September in the morning.

## How does measles present?

- 2–4 days of prodromal illness with fever, cough, coryza, and conjunctivitis.
- A maculopapular rash then typically begins on the face and neck and becomes generalised.
- Measles in previously vaccinated people may present atypically, with mild symptoms and a slower progression of the rash.
- Cases are infectious from the day before the prodrome to 4 days after the onset of rash.

## Be alert for cases presenting

- **Isolate** patients with fever and rash in a separate room on arrival; if suspected cases call ahead arrange to see them at home, or in your rooms without exposing other patients.
- **Notify** the Public Health Unit about suspected cases – don't wait for test results before calling. The earlier the PHU knows about a suspected case the more effective containment interventions can be.
- **Test** - collect both a nose and throat swab and a first pass urine sample for measles PCR, and blood for measles serology (IgM & IgG). Mark tests as urgent. The PHU can assist in expediting testing, if indicated.

## Further Information:

- Contact the Public Health Unit on **1300 066 055**
- NSW Measles control guidelines:  
<https://www.health.nsw.gov.au/Infectious/controlguideline/Pages/measles.aspx>

Yours sincerely

A handwritten signature in black ink that reads 'V. Sheppeard'.

Dr Vicky Sheppeard  
**Director**  
South Eastern Sydney Public Health Unit

**13 September 2022**