

MEASLES ALERT

Information for NSW General Practitioners

Please distribute this information to all staff

1. **Three unrelated cases of measles have been notified in NSW this week.**
2. **More cases could present in the coming weeks.**
3. **Isolate suspected cases IMMEDIATELY and call your public health unit**

Measles in NSW

- Three cases of measles have been reported in NSW residents and visitors this week.
- These are unconnected, apart from being related to travel from South East Asia.
- Ongoing outbreaks in popular tourist destinations means there is a **high** probability of further travel-related cases of measles
- Secondary cases in non-travellers are also possible
- Suspect measles in people with fever and rash **irrespective** of travel history.
- Be aware that those who are too young to be vaccinated (<12 months), and young adults who may not have received two doses of measles containing vaccine are at risk of infection.

How does measles present?

- Two to four days of prodromal illness with fever, cough, coryza, and conjunctivitis.
- While febrile, a maculopapular rash typically begins on the face and neck then becomes generalised.
- Measles cases are infectious from the day before the prodrome illness to 4 days after the onset of rash.

How to manage suspected cases

- **Isolate** - arrange to see suspected cases in their homes or at the end of the day to minimise exposure for your other patients.
- **Notify** - inform your public health unit (PHU) immediately – don't wait for test results before calling. The earlier a PHU knows about a suspected case the more effective containment interventions can be.
- **Test** - Collect a nose and throat specimen, and a first pass urine sample for nucleic acid testing, and blood for measles serology. Your PHU can assist in expediting testing, if indicated.
- **Continue** to display travel posters and measles posters and be on the lookout for new imports following holiday travel: <http://www.health.nsw.gov.au/Infectious/diseases/Pages/MERS-travel-poster.aspx> and <http://www.health.nsw.gov.au/Infectious/Pages/Measles.aspx>

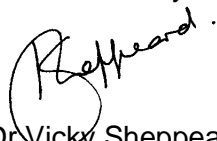
Advocate for immunisation

- The best way for people to protect themselves and others is to get vaccinated
- Remember to vaccinate children at 12 and 18 months of age.
- Discuss vaccination with your patients – opportunistic vaccination is important, overseas travel is an opportunity to encourage vaccination.
- Health care workers are at increased risk – ensure that you and your staff are vaccinated.
- Measles containing vaccines (MMR) are safe and available free in NSW for those born during or after 1966 who have not previously had two documented doses

Further Information:

- Contact your local public health unit on **1300 066 055**
- NSW Measles control guidelines:
<http://www.health.nsw.gov.au/Infectious/controlguideline/Pages/measles.aspx#14>

Yours sincerely



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