



Health

Health Reform Transitional
Organisation Southern
South Eastern Sydney Illawarra
Public Health Unit

MEASLES IS ABOUT IN OUR AREA

Please distribute this information to all GPs and practice nurses – Thank you

Key Points

1. Watch out for measles; there have been many cases in Sydney/Illawarra
2. While the patient is with you, ring the Public Health Unit. We can assist with assessment (including facilitating urgent testing) and contact tracing.
3. Isolate suspected cases

Several cases of measles have been identified in Australia and New Zealand during February, including recently diagnosed cases in the South Eastern Sydney and Illawarra regions.

Year 12 students and staff who attended the Discovery Day at the University of Wollongong on 11 February may have been exposed to an infectious case. With an incubation period of 7-18 days until onset of rash, secondary cases may now be appearing in contacts, particularly if they are not immune.

1. **Consider Measles** in patients who present with a febrile rash illness characterised by:
 - a prodromal illness for 2-4 days with fever, cough, coryza, conjunctivitis and possibly Koplik spots followed by
 - A maculopapular rash with fever that typically begins on face and neck and becomes generalised. It lasts between 4 to 7 days

Those most susceptible are people in their 20s, 30s or 40s (some adults born during or since 1966 have waning immunity because they have had only one dose of a measles-containing vaccine) and unimmunised children.

2. **If you suspect measles, telephone the Public Health Unit on 9382 8333 during the consultation.** Don't wait for results before notifying. We can assist with assessment (including facilitating urgent testing), and contact tracing.

3. **Minimise transmission:**

- Be alert for new measles cases - make sure all staff, particularly your reception staff and nurses, have a high index of suspicion for patients presenting with a febrile rash illness
- Ideally, suspected cases should be seen at the end of the day.
- As for any patient with a febrile respiratory illness, ensure staff know to provide the person with a mask to wear as soon as they arrive in the surgery. Suspected measles cases should also be taken directly to a consulting room. This room should not be used for another patient for at least two hours after the consultation.

4. **Check vaccination records for:**

- Your staff - All staff born during or since 1966 should have documentation of two doses of measles containing vaccine.
- Your patients - All patients born during or since 1966 should have received two doses of a measles-containing vaccine. The MMR vaccine is free for this age group. Travel medicine consultations are also an important opportunity to ensure measles immunity is up to date.

5. **Please call the Public Health Unit on 9382 8333 if you have any questions**

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Health Reform Transitional Organisation Southern

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