

MEASLES ALERT

Information for NSW General Practitioners
Please distribute this information to all staff

H23/25046

1. There has been an infant infected with measles with no known source and no history of recent travel.
2. The infant has spent time in a number of public locations in South Western Sydney, Western Sydney and Penrith.
3. Consider measles in anyone with fever, cough, coryza, conjunctivitis or a maculopapular rash.
4. Measles is notifiable based on clinical suspicion alone. Please isolate cases of suspected measles and call your Public Health Unit immediately on **1300 066 055**.

Measles in NSW

- The infant is too young to be routinely vaccinated against measles.
- At this stage of the investigation, the infant has no history of overseas travel or known contact with the recent measles case in Western Sydney, indicating that measles is now circulating in the community.
- This is the first case of locally acquired measles in New South Wales since 2019.
- Measles cases associated with international travel have recently been reported in New South Wales, Victoria, South Australia, Queensland and New Zealand.
- The risk of measles cases occurring in NSW is increasing and should be considered as part of any differential diagnosis in someone presenting with symptoms consistent with measles.

How does measles present?

- A 2-4 day prodromal illness with fever, cough, coryza, and conjunctivitis.
- A maculopapular rash then typically begins on the face and neck and then spreads down the body.
- Measles in previously vaccinated people may present atypically, with milder symptoms and a slower progression to the rash.
- Cases are usually infectious from the day before the prodrome to four days after the rash onset.
- It can take up to 18 days for symptoms to appear following exposure to a person with measles.

How to manage suspected cases

- **Isolate:** measles is a highly contagious illness.
- **Notify:** inform your public health unit (PHU) immediately (don't wait for test results before calling).
- **Test:** collect a nose and throat swab, and a first pass urine sample for nucleic acid testing (PCR). If considered required, a blood for measles serology (IgM and IgG) can be performed. Mark the tests requested as URGENT. Your PHU can assist in expediting testing.

Opportunistic measles vaccination

- Consultations prior to overseas travel are opportunities to encourage measles vaccination for any patients with uncertain measles vaccination histories.
- Children aged from 6 months to under 12 months can have an MMR vaccination early if travelling overseas.
- Measles containing vaccines (MMR) are free in NSW for those born during or after 1966 who have not previously had two documented doses.

Further Information:

- Measles travel posters and other resources for your clinic are available from the NSW Health measles page: www.health.nsw.gov.au/Infectious/measles