

Measles outbreak in Auckland – 34 cases at 1 May

- Measles is now spreading in the community
- For suspected cases: isolate, swab for PCR (urgent courier and mark 'Urgent for Public Health') and notify Public Health
- Please prioritise the childhood vaccination schedule and MMR 1 for anyone under 50 years with no documented vaccination history
- There is a high rate of hospitalisation in Auckland with more than half of cases admitted.

1 May 2019

Isolate suspected cases in your clinic

- Please have a process for screening possible measles cases when they phone, encouraging them to ring from their car when they arrive.
- There is a poster available for the door – [STOP - do you think you have measles?](#)
- Please isolate the suspected case from others.

PCR test is the best test

Take a nasopharyngeal swab for measles PCR within 3 days of rash onset. After 3 days, do a PCR swab and serology blood test. Where there is a high index of suspicion please send the test to the lab by urgent courier and mark 'Urgent for Public Health.'

Notify on suspicion

People met **clinical criteria for measles** if they have -

- fever (at least 38°C if measured); **and**
- maculopapular rash; **and**
- one or more of the following: cough, coryza, conjunctivitis or Koplik's spots.

Please notify ARPHS on 09 623 4600 (24-hour phone line) or use the [notification form](#) on our measles outbreak page under *Resources -> Health Professionals*

Please note if the suspected case has had a recent MMR vaccination, as many have developed a vaccine reaction.

Isolate the suspected case at home

Suspected cases should be told to stay home, and away from any non immune visitors.

You can provide measles information to the case from the [ARPHS website](#). There are fact sheets for people with measles and their contacts on our [measles outbreak page](#).

Patients exposed at your clinic

- If a measles case has exposed other patients in your clinic, ARPHS will ask your practice for these patients' contact details. The sooner we receive this list, the greater chance we can stop the spread of measles.
- ARPHS will then contact those who may be at risk to tell them they could develop measles. They will be asked to watch for symptoms and call the practice first if they get sick.

Promote vaccination

Please continue to promote vaccination to those who have not had any MMR doses.

Promote on-time vaccination for children and vaccinate babies at 12 months if they are travelling. Recall four year olds who have not been vaccinated for measles. Children are a priority, as well as any adult under 50 who has not had one MMR vaccine.

Adults who have had at least one MMR vaccine are not considered a priority for catch up or recall.

One dose of a measles vaccine (including MMR) is around 95% effective in providing immunity for measles. A second dose increases this effectiveness to 99%.

Please update the Immunisation Register with adults' details as well, so they do not have need to be excluded if they become a measles contact.

What ARPHS will do

ARPHS will take your notification and follow up the suspected case and the PCR result.

Should the suspected case be confirmed with measles, ARPHS will make direct contact with household contacts and other contacts at high risk of complications. ARPHS will ensure other contacts receive information about their exposure.

If the case exposed others while at your practice, ARPHS will request a list of contacts so it can send advice and information.