

Guide to Managing Measles in Primary Care – Updated 13 March 2020

ARPHS has modified case and contact management in this outbreak.

ARPHS will -

- Receive and triage notifications
- Request information from confirmed cases about school or early learning service (ELS) attendance, or travel outside of Auckland
- Answer questions from health professionals, cases and institutions.

ARPHS will no longer -

- Proactively contact each case or confirm measles with their GP
- Actively contact trace in other settings – eg primary care, EDs, workplaces.

Primary care's role -

- If measles is suspected notify the Medical Officer of Health immediately by PHONE. (fax notifications for measles have been stopped), arrange urgent transport of specimens to the laboratory, and isolate. – see [Measles Clinical Pathway](#)
- Provide information to the case – give the [Measles Whānau Pack](#) or direct them to the [measles page on the ARPHS website](#).
- Tell the case when they are confirmed with measles and ask them to give their contacts information from the [Measles Whānau Pack](#) or from the ARPHS website.

1. Managing suspected measles cases

Isolate any suspected cases in your practice

Set up a process to screen patients for suspected measles when they phone, encourage them to ring from their car when they arrive, and keep them isolated from others in your clinic. Please use a separate area for assessing suspected cases. There is signage for your entrance '[STOP - do you think you have measles?](#)'

Test for suspected measles with urgent PCR - [see Measles Clinical Pathway](#)

- Take a nasopharyngeal or throat swab for measles PCR pre-rash or day 0 -3 of rash (rash onset is day 0). After that do a PCR swab and blood test for IgM and IgG serology.
- Please urgent courier tests to the laboratory and mark 'Urgent: possible measles.'

Notify on suspicion

- Notify ARPHS of all suspected cases. Do not wait for investigations to be completed.
- **To notify ARPHS phone 09 623 4600** and follow the instructions to notify a disease. ARPHS is no longer promoting fax notification of suspected measles cases.
- People meet **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.

Provide advice to suspected cases

- Suspected cases should be told to stay home, and away from non-immune people (including visitors). **Isolation is required until the end of day 4 (day 0 is when the rash appears).**
- Print off the [Measles Whānau Pack](#) and enter the dates of isolation and the infectious period.
- Give copies of the [Information for Close Contacts](#) fact sheet so the case has these if measles is confirmed. Most cases have around five contact groups. Copies of the pdf could be printed off in advance.

Practices should call suspected cases who return a negative PCR to release them from isolation.

2. Managing confirmed measles cases

- Inform the case of the positive PCR result and advise them to continue isolation
- Advise the case to inform contacts using information in the [Measles Whānau Pack](#).
- Assist the case to work out the **quarantine period for their contacts (from 7 days after first contact with the case during the infectious period, to 14 days after the last contact)**. See the [Measles Quarantine Calculator](#) or refer to the [Information for Close Contacts](#) fact sheet.
- Ask the case to inform any schools or early learning services (ELS) of their infectious period, and refer the school or ELS to the ARPHS website for specific information.
- Ask the case to call ARPHS if they travelled outside of Auckland during their infectious period.
- Ask the case to inform any **contacts at high risk** of severe disease – children too young to be vaccinated, non-immune pregnant women and those who are immune-compromised - that they may wish to seek their own medical advice.

3. Establishing immunity

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|---|--|
| <p><i>People are immune and not at risk of measles if they...</i></p> | <ul style="list-style-type: none"> • Have had one (ideally two) doses of <u>Measles, Mumps, Rubella (MMR) vaccine</u> documented in a Wellchild/Tamariki Ora book or at a doctor’s practice. • Were born before 1969, as they would have had measles as a child in New Zealand or overseas • Have been previously diagnosed with measles • Have had a blood test confirming immunity |
| <p><i>People are not immune and are at risk of measles if they...</i></p> | <ul style="list-style-type: none"> • Have had no doses of MMR vaccine • Have never had measles |

MMR vaccination

- **Ordering processes**
Ordering processes for MMR have now returned to normal. Orders are now to be placed via ProPharma. The central management of supplies via the regional coordination team has now ceased.

- ***Vaccine availability***

Stocks of MMR vaccine are now sufficient for MMR vaccination of those eligible under the pharmaceutical schedule. The Ministry of Health has requested an initial focus for those under 14 years of age.

- ***MMR0***

During the measles outbreak, an additional vaccination for babies aged 6-11 months was offered for a three-month period. Because of the nature of the outbreak, it is no longer necessary to continue this as routine policy. Active recall for MMR0 can cease but clinical judgment is applicable, as previously, for vaccination of babies aged 6-11 months under the provisions of the Immunisation Handbook. Please continue to recall babies who have received MMR0 for MMR1 and MMR2 to ensure a complete course (three doses) of scheduled vaccines are provided.

- ***MMR1***

During the measles outbreak, the age for MMR1 was brought forward from 15 months to 12 months. The Ministry of Health is planning schedule changes that will come into effect in October that will permanently shift MMR1 forward to 12 months, and MMR 2 to 15 months. Therefore, to minimise change for primary care, MMR1 will remain at 12 months for metro Auckland.

- ***MMR for people travelling to the Pacific***

A temporary decision was made by the metro Auckland DHBs for MMR vaccine to be made available for free to people travelling to and from the Pacific regardless of eligibility or citizenship. The vaccine was made free during the height of the outbreak in Auckland and as the situation in Samoa worsened. The temporary decision to extend free MMR vaccine to this group is no longer in effect.