

## Guide to Managing Measles in Primary Care

ARPHS will -

- Receive and triage notifications
- Contact and interview cases for the purpose of contact tracing and outbreak management
- Request information from confirmed cases about school or early learning service (ELS) attendance, or travel outside of Auckland
- Undertake contact tracing
- Answer questions from health professionals, cases and institutions.

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 the 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.

#### 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 receiving fax notifications 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. Suspect cases do not need to speak to close contacts or distribute this information until their measles PCR result 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. ARPHS will also contact these institutions.
- 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. ARPHS will also follow up with these contacts.

**3. Establishing immunity**

<i>People are <b>considered immune</b> if they...</i>	<ul style="list-style-type: none"> <li>• Were born before 1969, as they would have had measles as a child in New Zealand or overseas</li> <li>• Have been previously diagnosed with measles</li> <li>• Have had a blood test confirming immunity</li> <li>• Are 12 to 15 months of age and have had 1 documented <a href="#">Measles, Mumps, Rubella (MMR) vaccine</a></li> <li>• Are older than 15 months and documentation of two doses of MMR, given at least 14 months apart.</li> </ul>
<i>People are <b>not immune and are at risk of measles</b> if they...</i>	<ul style="list-style-type: none"> <li>• Have had no doses of MMR vaccine</li> <li>• Have never had measles</li> <li>• Have had a blood test that shows they are not immune.</li> </ul>