Measles: Management Guidelines for General Practice

Minimise transmission in the surgery
- Measles is a highly infectious airborne illness.
- Examine suspected cases in their own home where possible.
- Have the suspected case avoid the waiting room (use a side entrance).
- Conduct the consultation in a room that can be left vacant for at least 30 minutes afterwards.

Suspected measles?

Does the case meet the measles clinical case definition?
An illness with BOTH of the following:
- A generalised descending maculo-papular rash (that persists for 3 or more days).
- Fever (at least 38°C) at the time of rash onset.
AND at least one of:
- Cough OR coryza OR conjunctivitis OR Koplik spots.

Contact management
- Assess as a contact anyone who has shared the same air with the case (whilst infectious) and for up to 30 minutes afterwards. Cases are infectious from 5 days before until 4 days after rash onset.
- Administer vaccine (1st preference if not contraindicated) or immunoglobulin to susceptible contacts as indicated in the Australian Immunisation Handbook 10th edition p280-281 and p459. Susceptible contacts are people born during or since 1966 with neither serological evidence of immunity, nor documented evidence of receipt of two measles vaccinations (MMR or MMRV).
- Administer immunoglobulin to immunocompromised contacts of any age, even if prior receipt of two measles vaccinations.
- Discuss with CDCB exclusion of any susceptible contacts who did not receive vaccine within 72 hours or immunoglobulin within 144 hours of first exposure and any immunocompromised contacts.

Positive test for measles?

Urgent laboratory testing
- *Nose or throat aspirate/swab for measles PCR in viral transport medium (if within 3 weeks of rash onset).
  AND
- *Urine for measles PCR (if within 3 weeks of rash onset).
  AND
- Measles specific IgG and IgM in clotted serum tube.
  Note: In serology samples taken within 72 hours of rash onset, a negative measles IgM does NOT exclude measles unless IgG is positive.
  * Preferred specimens.

Immunisation
- Review the measles vaccination status of patients and staff at your practice born during or since 1966.

Notification
- URGENT call to the Communicable Disease Control Branch (CDCB) on 1300 232 272, 24 hours / 7 days.

YES
NO

Case management
- Isolate case immediately.
- Exclude from child-care/ school/ workplace for at least 4 days after the onset of rash.
- Provide supportive treatment and treatment of complications.

Review case management and isolation.

YES
NO

Urgent laboratory testing

Contact management