

## Management Primary Care

### Measles - At a Glance

**Pathogen:** Measles is a highly infectious, notifiable, vaccine-preventable, acute viral disease.

**Symptoms:** include fever, conjunctivitis, cough, runny nose, and sneezing followed by small grey/white Koplik's spots on the inside of the mouth. A rash usually appears a few days after the cold-like symptoms. then red/brown blotchy rash of flat or slightly raised spots. Please refer to the [National measles guidelines](#).

**Main route(s) of transmission:** Measles is transmitted via airborne respiratory particles or direct contact with nasal/throat secretions of infected individuals.

**Incubation period:** between 7 to 21 days and individuals are typically infectious from 4 days before and up to 4 full days after rash onset (NHS England 2024).

**Period of infectivity:** 4 days before the rash and lasts up to 4 days after onset of rash (NHS England 2024).

#### Attending Primary Care

- Signs should be placed in GP surgery waiting areas advising patients with any rash illness to report to reception. Receptionists should be aware any patients with fever and rash are potentially infectious and, should be triaged with a telephone consultation. If required to attend, place at the end of surgery to minimise the risk of transmission.
- Add Measles guidance to practice website for patient/parent [guidance](#)
- Where patients with a fever and rash attend when other patients are in the waiting room, they should be directed immediately to a side room.
- When a GP refers a suspected measles case to A&E or hospital they should inform the hospital staff ahead of time, so that the case can be appropriately isolated on arrival.
- When a suspected case of measles is reported from primary care, the GP practice retain lead responsibility for conducting a risk assessment within the setting. Local Health Protection Team will be able to advise on infection control measures e.g. if the patient was not isolated on arrival and exposed other patients in the waiting room, support risk assessment and advise on post exposure measures as per current guidelines.
- Patient to wear a face mask for source control (if condition allows)

#### Staff

- General Practices must ensure that immunisation status/records are available for ALL staff (clinical and non-clinical) that may be exposed to a suspected or confirmed case of measles and staff are supported to ensure they are fully immunised.
- Satisfactory evidence of protection would include documentation of having received 2 doses of MMR or having had a positive antibody test for measles. See The [Green Book](#) for further guidance.
- It is important for Healthcare Workers to protect themselves against Measles by ensuring their MMR status is complete. Irrespective of age, those with incomplete vaccinations or no known history of having the MMR vaccine should [visit the GP practice they are registered with](#) to obtain catch up of this vaccination.
- Ensure there is an up to date list of staff showing evidence of satisfactory evidence of protection against measles

#### Healthcare professionals

- Are advised to notify all suspected cases of measles, mumps, and rubella (MMR) to their local Health Protection Team (HPT) who will organise any testing required. Local HTP contact 0344 225 3861 [SE.AcuteResponse@ukhsa.gov.uk](mailto:SE.AcuteResponse@ukhsa.gov.uk). Seek guidance and isolation advice from HPT.
- If transfer to a hospital is required, family can drive. Hospital and ambulance services (if required) should be informed of the infectious status of the patient. Patient confidentiality must be maintained.
- Health care workers (HCWs) who are exposed to a confirmed or likely case and do not have satisfactory evidence of protection should be excluded from work from the 5th day after the first exposure to 21 days after the final exposure.
- If HCWs are tested rapidly after exposure, they can continue to work if found to be measles IgG positive within 7 days of exposure (as this is too early to be due to infection from the recent exposure).

**Apron, Gloves and Fluid Repellent Surgical Face Mask**

Before undertaking any procedure, staff should assess any likely exposure to blood and/or other body fluids, non-intact skin or mucous membranes and wear personal protective equipment (PPE) that protects adequately against the risks associated with the procedure. Refer to the [NIPCM](#) sections 1.4, 2.4 and appendices 5b and 6 for further information of the use of PPE, including donning and doffing. Do not carry out any aerosol generating procedures on suspected or confirmed measles patients in primary care.

**Improve immunisation uptake**

NHS England has [launched a catch up campaign](#) for missed MMR vaccines. Promote uptake of MMR immunisation, seeking out unvaccinated or partially vaccinated patients (particularly children aged 6-11). Text parents to arrange for vaccination in a GP clinic or GP's can refer to Schools vaccination team clinics.

**Buckinghamshire**

The Immunisation Team, Buckinghamshire Healthcare NHS Trust

[buc-tr.BucksChildImms@nhs.net](mailto:buc-tr.BucksChildImms@nhs.net) Telephone 01494 323000. Referral forms have been shared with GP surgeries, if you haven't got one, contact the immunisation team. Website: <http://www.buckshealthcare.nhs.uk/School-nursing/immunisations.htm>

**Oxfordshire** – SAIS County Lead (City and South) | Oxford Health NHS Foundation Trust.

[immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk) – 07920254400. Consent forms have been shared with GP surgeries. Contact the team or visit website for a referral/consent form. Website - [Oxfordshire SAIS - Oxford Health NHS Foundation TrustOxfordshire School Aged Immunisation Service](#)

**Berkshire West**

[westschoolimms@berkshire.nhs.uk](mailto:westschoolimms@berkshire.nhs.uk) (For schools in West Berkshire, Reading and Wokingham )

[eastschoolimms@berkshire.nhs.uk](mailto:eastschoolimms@berkshire.nhs.uk) (For schools in Ascot, Slough, Maidenhead and Windsor and Bracknell) 0300 365 0077

[Berkshire Immunisation Team Referral Form](#)

**Further support contact:**

**IPC team:** [bobicb.jpc@nhs.net](mailto:bobicb.jpc@nhs.net)

**References:**

UKHSA [National measles guidelines](#) Jan 2024

[National infection prevention and control manual \(NIPCM\) for England](#)

[Guidance for risk assessment and infection prevention and control measures for measles in healthcare settings](#)

MMR vaccination [materials](#) including a poster, flyer, translations and other formats like easy read

NHS [MMR \(measles, mumps and rubella\) vaccine](#)