



TO: Possible exposure to measles in Cork University Hospital between Sunday 12th May 2024 and Monday 13th May 2024

FROM: Health Protection Team, Public Health, HSE South West

RE: *Information for contact(s) with a case of infectious measles*

DATE: 17/05/2024

You/your child has been identified as having had contact with an individual with measles during a recent visit to Cork University Hospital between the Sunday 12th May and Monday 13th May 2024. Any accompanying adult(s) are also likely to have had similar exposure.

This letter explains what this means and the steps you need to take between now and the **end of the monitoring period (ie until 21 days after exposure to measles), which is until either Monday 3rd or Tuesday 4th of June.**

WHY ARE PUBLIC HEALTH CONTACTING YOU ABOUT THIS?

We are contacting you so that you are aware of this possible risk of measles. If you or your child have never had measles infection, or MMR (measles, mumps, rubella) vaccine, they and the accompanying adult may be at risk of measles infection.

- If you/your child have **any serious medical condition or a weakened immunity** (due to illness or medication), please let your doctor know that you may have been exposed to measles so that you can be advised on any necessary follow-up.
- If you are **pregnant and not sure of your immunity to measles** please contact your obstetrician / midwife / GP before your next antenatal appointment to let them know that you may have been exposed to measles so that you can be advised on any necessary follow-up (show this letter).
- If you were attending CUH with a **baby under 12 months of age** seek public health advice on the above number.

If you/your child are well and not in any high-risks groups (i.e. pregnant, or have weakened immunity) you do not need to take action.

MMR VACCINATION -

Getting MMR vaccine is the best way to prevent measles.

For children: Parents and guardians should check that their children have had the MMR vaccination. Children aged 5 years and over should have received two MMR vaccines.

For adults: If you have not had measles infection in the past or have not been fully vaccinated against measles, please contact your GP (if an in-patient please discuss with the consultant) to discuss getting the MMR vaccine. People born in Ireland before 1978 are likely to be immune to measles. If you are pregnant or have a weakened immune system please seek medical advice.

WHAT IS MEASLES?

Measles is a very infectious (contagious) infection. It spreads from person to person through the air.

The early signs of measles may include irritability, a runny nose, red eyes, a hacking cough and a high fever that comes and goes.

The rash usually starts about four days after these early symptoms. The rash starts on the forehead and spreads downwards, over the face, neck and body. The rash usually consists of flat red or brown blotches. It lasts up to 7 days.



Eyes of a child with measles



Face of child with measles



Measles rash day 3

IF YOU DEVELOP SYMPTOMS OF MEASLES

If during the 21 days after exposure (which is until either Monday 3rd or Tuesday 4th of June) you think you/your child have measles:

1. **Stay at home**
2. **Do not go to work or school or socialise**
3. Telephone your GP so that he/she can see you/your child at a time/place when no one else is there (to avoid infecting others). **Do not attend your GP or the local Emergency Department without phoning in advance and letting them know that you have been in contact with measles.**
4. When you visit your GP, wear a mask; he/she will also organise a test to confirm the diagnosis – this is usually done by using a small swab that takes a sample of the oral fluid from the mouth of your child/you.
5. Take this information with you and tell your doctor that you have been in contact with someone with infectious measles.
6. If you have been diagnosed with or have symptoms suggestive of measles you should **stay at home until 4 days after the onset of the rash**

For more information on measles, please see: Measles - HSE.ie

