



TO: Exposure to measles case at either *Cork University Hospital or SouthDoc, Kinsale Road on Sunday 19th May 2024*

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

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

DATE: 23/05/2024

You/your child has been identified as having had contact with an individual with measles during a recent visit to either **Cork University Hospital** or **SouthDoc Kinsale Road** on Sunday 19th 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 measles exposure) – that is Monday 10th 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 seek urgent Public Health advice on the above number.
(Also 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 seek urgent Public Health advice on the above number.
Contact your obstetrician / midwife / GP 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** please seek urgent Public Health advice on the above number.

If you/your child are well and not in any of the high-risks groups above (i.e. pregnant, or have weakened immunity, or your child is less than 12 months of age) you do not need to contact Public Health.

- Any eligible unvaccinated contact aged 12 months or over is advised to be vaccinated urgently

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 21 days after exposure (until Mon 10th June) you think you/your child have measles:

1. **Stay at home**
2. **Do not go to work or school or socialise**
3. **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. Your GP may organise a swab test (small sample of oral fluid from your mouth) to confirm the diagnosis.
5. Take this information with you and tell your doctor that you have been in contact with 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](https://www.hse.ie/eng/conditions/a/measles/)

