

# Derbyshire Measles Update

**13<sup>th</sup> February 2024**

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# Measles

- Measles is an acute viral illness spread through close contact, coughing and sneezing
- **It is extremely infectious: on average, one case can infect 9 out of 10 unvaccinated close contacts**
- People may develop symptoms up to ten days after contact with the virus
- 20%-40% of people will be admitted to hospital. Complications can include blindness, seizures or pneumonia. 1 or 2 of every 1,000 measles cases die
- Babies and young children, pregnant women, and people with a weakened immune system are at increased risk of complications from measles
- Measles can affect anyone at any age if they haven't been vaccinated or had measles – it is not a 'childhood' illness

# Signs and symptoms of Measles

1<sup>st</sup> symptoms appear around 10 days after being infected

- Can include: cold like symptoms, sore red sensitive eyes
- High temperature
- Small greyish-white spots in the mouth
- Aches and pains
- Loss of appetite
- Tiredness, irritability and lack of energy

The measles rash appears 2-4 days after the initial symptoms and fades after about a week

- small red-brown flat or slightly raised spots which may join together to larger blotchy patches
- usually first appears on head or neck before spreading
- can be slightly itchy



# Current UK Measles situation

- The UKHSA (UK Health Security Agency) have reported an increase in measles across the country
- There have been no confirmed cases in Derbyshire (as at 13th February 2024) since April 2023
- Since 1<sup>st</sup> October 2023 there have been 465 confirmed measles cases in England.
- 71% (329 out of 465) of cases in this time have been in the West Midlands with an ongoing outbreak centred in Birmingham
- 13% (62 out of 465) have been in London
- 2% (11 out of 465) have been in the East Midlands.

Month	Number of confirmed cases of measles in England
<b>October 2023</b>	17
<b>November 2023</b>	42
<b>December 2023</b>	161
<b>January 2024</b>	240
<b>February 2024 (confirmed cases up to 8<sup>th</sup>)</b>	5

# MMR Vaccine & management of suspected cases

- Combined MMR vaccine (measles mumps and rubella) was introduced in 1988; given routinely at 1 year and 3 years 4 months
- 95% population uptake is needed to prevent outbreaks
- 1 dose is 95% effective and 2 doses are 99% effective against measles, providing lifelong protection
- Anyone at anytime of life can have their 2 doses of MMR vaccine – particularly important if considering pregnancy, travel or working with people who are unvaccinated/not fully vaccinated (eg very young children)
- Anyone with suspected measles should not attend a healthcare setting without telephoning first to avoid spread
- UKHSA will lead any response to a case in a setting including education settings.
- Infected individuals should be kept away from setting until 4 days after onset of the rash
- Any unvaccinated or partially vaccinated staff or those with weak immune systems or pregnant staff should seek advice from their GP or midwife

# Further information

- For general information, please contact [ASCH.Health.Protection@derbyshire.gov.uk](mailto:ASCH.Health.Protection@derbyshire.gov.uk)
- <https://educationhub.blog.gov.uk/2024/01/22/what-to-do-if-you-think-your-child-has-measles-and-when-to-keep-them-off-school/>
- <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/managing-specific-infectious-diseases-a-to-z>