

CHP investigates measles infection case

The Centre for Health Protection (CHP) of the Department of Health (DH) is today (November 26) investigating a case of measles infection.

The case involves a 38-year-old woman with good past health, who has developed fever since November 19 and rash on November 20. She sought medical advice from general practitioners on November 19 and 21 and attended the Accident and Emergency Department at Queen Mary Hospital on November 22 for medical attention and was admitted for treatment on the next day.

A laboratory test of her respiratory specimen was positive for the measles virus. She is in a stable condition and her measles vaccination history is unknown. She travelled to the Philippines during the incubation period but had no travel history during the communicable period.

According to the patient, she did not have contact with measles patients during the incubation period. Her home contacts have remained asymptomatic so far and have been put under medical surveillance.

Upon notification of the case, the CHP immediately commenced epidemiological investigations and conducted relevant contact tracing. Investigations are ongoing. The public places the patient visited during the communicable period are listed in the appendix.

A spokesman for the DH said, "Those who might have had contact with the patient during the period of communicability are urged to observe if they have developed measles-related symptoms, and to seek medical treatment immediately if such symptoms appear. If they need to visit any health care facilities during the period of medical surveillance, they should also report whether they have symptoms and prior measles exposure history to the healthcare workers so that appropriate infection control measures can be implemented at the healthcare facilities concerned to prevent any potential spread."

The spokesman explained that measles is a highly infectious disease caused by the measles virus. It can be transmitted by airborne droplets or direct contact with nasal or throat secretions of infected persons, and, less commonly, by articles soiled with nose and throat secretions. A patient can pass the disease to other persons from four days before to four days after the appearance of a skin rash.

"The incubation period (the period from infection to appearance of illness) of measles ranges from seven days to 21 days. Symptoms of measles include fever, skin rash, cough, runny nose and red eyes. If symptoms arise, members of the public should wear surgical masks, stop going to work or school and avoid going to crowded places. They should also avoid contact with non-immune persons, especially persons with weakened immunity, pregnant women

and children aged below 1. Those suspected to have been infected are advised to seek medical attention as early as possible and reveal relevant contact history of measles to healthcare professionals," the spokesman advised.

"Vaccination is the most effective way to prevent measles. Members of the public who are planning to travel to places with high incidence or outbreaks of measles should review their vaccination history and past medical history, especially people born outside Hong Kong who might not have received a measles vaccination during childhood. The history of measles vaccinations in Hong Kong is available in the CHP's [measles thematic page](#). Those who have not received two doses of measles-containing vaccines, with unknown vaccination history or unknown immunity against measles, are urged to consult their doctor for advice on vaccinations at least two weeks before departure," the spokesman said.

Besides being vaccinated against measles, members of the public should take the following measures to prevent infection:

- Maintain good personal and environmental hygiene;
- Maintain good indoor ventilation;
- Keep hands clean and wash hands properly;
- Wash hands when they are dirtied by respiratory secretions, such as after sneezing;
- Cover the nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;
- Clean used toys and furniture properly; and
- Persons with measles should be kept out of school till four days from the appearance of a rash to prevent the spread of the infection to non-immune persons in school.

For more information on measles, the public may call the 24-hour health education hotline 2833 0111 or visit the CHP's [measles thematic page](#). For news of measles outbreaks outside Hong Kong or the latest travel health advice, please visit the website of the DH's [Travel Health Service](#).