



## Be measles vigilant!

CONFIRMED outbreaks of measles have been reported in **London** and **Birmingham**, with additional cases identi-

fied in **Bristol**. Please remain vigilant, particularly for individuals presenting with rash illnesses following recent international travel.

Effective triage and prompt isolation are essential to prevent further spread.

The incubation period is typically 10-12 days. Infected individuals can spread the virus from approximately 4 days before to 4 days after the rash appears.

### Signs and symptoms

#### Prodromal Phase:

**Fever** - Measles often begins with a high fever, which may spike up to 40°C/104°F.

#### Runny/Stuffy Nose

The early stages may include symptoms similar to a common cold, with a runny or congested nose.

#### Conjunctivitis

Red and watery eyes, often sensitive to light, can manifest as a distinctive sign during the initial stages.

#### Koplik Spots

These are small, white spots with bluish centres that appear inside the mouth, usually on the inner lining of the cheek. They are unique to measles and may precede the rash.

#### Rash

After a few days, a characteristic red-brown rash typically begins on the face and then spreads down the body. The rash consists of flat, red spots that may merge as the illness progresses.

**ALL staff members are urged to ensure they have received the full 2 doses of the MMR vaccine or provide proof of a positive antibody test. It is safe to receive a booster MMR dose.**

### Prompt reporting

ALL instances of suspected measles must be reported with urgency to the Health Protection Team (HPT) through immediate phone contact.

Tel: 0300 303 8162

[swhpt@ukhsa.gov.uk](mailto:swhpt@ukhsa.gov.uk)

### Useful stuff!

#### Pop in for an IPC chat

Don't forget we have a regular slot every month where you can call in via MS Teams and ask any IPC-related questions. No appointment necessary. The next session will be held on Wednesday 13 August between 2 and 4. [Please click here to access.](#)

#### Email addresses

PLEASE send us your up-to-date email address so that important cascades and also our newsletter reaches you. Let us know by emailing the team inbox.

#### Glowbox

WE HAVE a hand hygiene glow box, which providers are welcome to borrow for their in-house training sessions. Collect and return to Wynford House, Yeovil. Email the team inbox to [book](#)

#### Feedback

To provide feedback on the Infection Management team, please follow this [link](#)

### How to spot Sepsis in adults

**S**lurred speech or confusion

**E**xtrême shivering or muscle pain

**P**assing no urine (in a day)

**S**evere breathlessness

**I**t feels like you're going to die

**S**kin mottled or discoloured

Call 999 or visit A&E if you or another adult has one of the sepsis symptoms and Just Ask: Could it be Sepsis?

## Free resource pack World Sepsis Day

ON SEPTEMBER 13th we recognise World Sepsis Day.

This day is to spread awareness of sepsis worldwide with the aim of education and prevention.

Recognition of sepsis or asking 'could it be sepsis' is important for care home staff as it leads to faster treatment time.

We have produced [bitesize](#)

[guidance](#) for the recognition and management of sepsis in community settings.

This is aimed at all staff in care homes and nursing homes to enable them to recognise signs of sepsis and prompt escalation for assessment.

To help raise awareness of sepsis, please sign up to receive your [free resource pack from the UK Sepsis Trust](#)