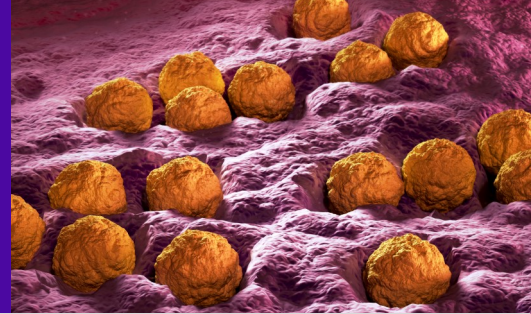


Rubella (German Measles)



Rubella, also called German measles or three-day measles, is a viral infection that is most serious in pregnant women because it can harm their fetus. It can make anyone sick who has either not had rubella or has not been immunized against it.



How is it spread?

Rubella is spread from person-to-person when a sick person coughs, sneezes, or talks.



What are the signs and symptoms?

- ▶ Symptoms typically appear 12-23 days after the person is exposed to the virus.
- ▶ In younger children rubella usually starts with a rash on the face and neck lasting two or three days.
- ▶ Older children and adults may have a low-grade fever, swollen glands in the neck, and a respiratory infection before the rash begins.
- ▶ Up to 70% of women with rubella experience joint pain.



What problems can it cause?

- ▶ A fetus has a 90% chance of being born with congenital rubella syndrome (CRS) if a woman catches rubella in early pregnancy.
- ▶ CRS can cause deafness, blindness, developmental disabilities, heart defects, and/or death just after birth.



What are the treatment options?

- ▶ There is no specific treatment for rubella.
- ▶ A doctor can confirm the disease through a blood test.



How can it be prevented?

The best way to prevent rubella is to get vaccinated!

- ▶ Rubella vaccine is given in combination with measles and mumps (called MMR) vaccines.
- ▶ The vaccine is recommended for all children at 12-15 months of age and a booster dose at 4-6 years of age.
- ▶ Women who are considering pregnancy should be vaccinated before conceiving.

