RUBELLA

Rubella is a viral disease characterized by slight fever, rash and swollen glands. Most cases are mild.

Symptoms
Symptoms of rubella appear within 12-23 days; usually about 2 weeks. They may include:
  • Fine pink rash that first appears on face then progresses downward. The rash usually lasts about 3 days.
  • Mild fever
  • Joint aches
  • Headache
  • Runny nose and reddened eyes
  • Swollen glands under the ears and neck
  • Joint pain is more common in adult women that contract rubella. It may last a long as a month.

Transmission
• Rubella is spread through the air or by touching fluids from the nose or throat of infected people.
• Rubella is contagious from seven days before to seven days after the rash begins.
• People with weak immune systems who get rubella may take longer to get rid of it.
• In places where people are not vaccinated, rubella is primarily a childhood disease. Rubella occurs more frequently in winter and spring.

Treatment
• Most people need no treatment because the disease is mild.
• Pregnant women or those with a weakened immune system should see a health care provider for treatment if they have been exposed.
• People who get Rubella usually are immune to getting it ever again.
• Rubella infection is dangerous because of its ability to damage an unborn baby. Infection of a pregnant woman may result in a miscarriage, stillbirth or the birth of an infant with abnormalities. Rubella can cause a baby to be born with deafness or cataracts and damage a baby’s heart, liver, spleen, or brain. Women who had rubella during the first trimester of pregnancy are at the highest risk of having a baby with these problems.

Prevention
• Rubella vaccine is given on or after a child's first birthday, and is usually given as a combination measles, mumps, rubella (MMR) vaccination. Children should receive the first dose between 12 and 15 months of age and the second dose prior to school entry between 4to 6 years of age.
• Women of childbearing age should ask their health care provider to determine if they are immune to rubella and receive rubella vaccine before they become pregnant, if needed.
• Infected children should not attend school during their infectious period.

All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.