



RUBELLA (GERMAN MEASLES)

What is rubella?

- Rubella is a respiratory disease caused by a virus

What are symptoms that could occur?

- Mild fever (children)
- Rash (children)
- Headache (adults)
- Red eyes (adults)
- Rash and fever lasts 2-3 days

How is it spread?

- Spread by direct contact with nose and throat discharges of an infected person
- May be transmitted from 7 days before to 7 days after onset of rash
- Symptoms appear on average in 14-21 days

How is it diagnosed and treated?

- Primary care provider evaluation and laboratory evaluation
- Treatment is aimed at relief of symptoms (fever, discomfort, itching)

Are there complications?

- Infection of a pregnant woman may result in miscarriage, stillbirth or birth of an infant with abnormalities which may include deafness, cataracts, heart defects, liver and spleen damage and mental retardation
- Congenital rubella syndrome (CRS) occurs among at least 25 percent of infants born to women who have had rubella during the first trimester of pregnancy.

How can rubella be prevented?

- Rubella vaccine is effective in preventing disease
- All children attending day care and school are required to have 2 doses of rubella containing vaccine (MMR).

Should the sick child be isolated?

- The infected person should be kept away from other people
- Pregnant women who may not be immune to rubella should avoid contact with those infected or suspected
- Pregnant women who are not aware of their immune status should seek advice from their health care provider if they come in contact with an infected person

Are there reporting requirements?

- The school should notify the Genesee County Health Department (GCHD) at 257-1017 immediately of a reported or suspected case of rubella
- The school should provide the students vaccine history to the Health Department at that time
- The school is required by law to exclude those children with only 1 or no documentation of MMR from attending day care or school
- The GCHD will notify the school when and if the case is confirmed

Genesee County Health Department
630 S. Saginaw Street
Flint, Michigan 48502
www.gchd.us

When can the child return to day care or school?

- When the person feels well again with a minimum of 7 days after onset of rash.

Should schools do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended.

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-3612

This fact sheet is for information only and is not meant to be used for self diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider.

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