



RUBELLA (INCLUDING CONGENITAL)

WHAT IS RUBELLA?

RUBELLA IS A VIRAL DISEASE THAT CAUSES FEVER, RASH AND SWOLLEN GLANDS. MOST CASES ARE MILD.

WHO GETS RUBELLA?

FOR THOSE WHO ARE NOT VACCINATED, RUBELLA IS PRIMARILY A CHILDHOOD DISEASE. HOWEVER, LARGE OUTBREAKS HAVE OCCURRED IN ADOLESCENTS, AT COLLEGES AND IN YOUNG ADULT GROUPS.

HOW IS RUBELLA SPREAD?

RUBELLA IS SPREAD BY SNEEZING, COUGHING, OR DIRECT CONTACT WITH NASAL OR THROAT SECRETIONS OF INFECTED INDIVIDUALS.

WHAT ARE THE SYMPTOMS OF RUBELLA?

RUBELLA IS A MILD ILLNESS WITH FEW OR NO SYMPTOMS. SYMPTOMS MAY INCLUDE A RASH, FEVER, JOINT ACHES, HEADACHE, DISCOMFORT, RUNNY NOSE AND REDDENED EYES. THE LYMPH NODES JUST BEHIND THE EARS AND AT THE BACK OF THE NECK MAY SWELL CAUSING SOME SORENESS AND/OR PAIN. THE RASH, WHICH MAY BE ITCHY, FIRST APPEARS ON THE FACE AND MOVES FROM HEAD TO FEET, LASTING ABOUT THREE DAYS.

WHEN AND FOR HOW LONG IS A PERSON ABLE TO SPREAD RUBELLA?

RUBELLA MAY BE SPREAD FROM SEVEN DAYS BEFORE TO FOUR DAY AFTER ONSET OF THE RASH, IF PRESENT.

DOES PAST INFECTION WITH RUBELLA MAKE A PERSON IMMUNE?

YES. ONCE YOU HAVE HAD RUBELLA, YOU USUALLY CANNOT GET IT AGAIN.

WHAT ARE THE COMPLICATIONS OF RUBELLA?

RUBELLA INFECTION IS DANGEROUS BECAUSE IT CAN DAMAGE AN UNBORN BABY. INFECTION OF A PREGNANT WOMAN MAY RESULT IN A MISCARRIAGE, STILLBIRTH OR THE BIRTH OF AN INFANT WITH ABNORMALITIES, WHICH MAY INCLUDE DEAFNESS, CATARACTS, HEART DEFECTS, LIVER AND SPLEEN DAMAGE AND MENTAL RETARDATION.

WHAT CAN BE DONE TO PREVENT THE SPREAD OF RUBELLA?

THE RUBELLA VACCINE, WHICH IS CONTAINED IN THE MMR (MEASLES, MUMPS, AND RUBELLA) VACCINE, CAN PREVENT THE DISEASE.