

## RUBELLA (GERMAN MEASLES)

Rubella (German measles) is a mild illness that can be prevented through immunization. If a pregnant woman without protection against rubella contracts the disease, there could be harmful effects to her baby. If you are pregnant and you have been exposed to rubella, contact your physician immediately. All child care providers should be immune to rubella. People are considered immune only if they have received at least one dose of Rubella vaccine on or after their first birthday or if they have laboratory evidence of rubella immunity.

**CAUSE:** Rubella virus

**SYMPTOMS:** Rash, low-grade fever, and swollen glands in the area behind the ears. Many children have no symptoms. Adults may have aching joints.

**SPREAD:** By droplets that are expelled during sneezing and coughing.

**INCUBATION:** It takes 2 to 3 weeks, usually 16 to 18 days, from the time a person is exposed until the symptoms develop.

**CONTAGIOUS PERIOD:** From approximately one week before until one week after the appearance of rash.



Until 7 days after the rash appears.



**REPORTABLE!**

**Provider:** This disease is reportable to the health department. In Douglas County call 444-7214. Outside Douglas County call your local or state health department.

**Parents/guardians:** inform your child care provider if your child has this illness.



### Prevention Control

1. Nebraska state law requires that all children in child care settings or schools, be protected by age-appropriate immunization against rubella. Rubella vaccine is currently recommended to be administered in combination with measles and mumps vaccine when a child is 12 to 15 months of age and at school entry at 4 to 6 years of age.

2. If you or your child are not protected against rubella, please call your physician or local public health clinic as soon as possible to obtain your immunizations. **Children who have not received rubella vaccine will be excluded from any child care setting in which a case of rubella occurs, until 3 weeks after rash onset of last known case or until rubella immunization is received or a laboratory proof of immunity is presented.** Please notify your child care provider when you have your child immunized so his/her records can be updated.
3. If your child develops a rash, fever, and swollen glands behind the ears, please keep him/her at home and call your physician.
4. **Diagnosis and Treatment:** Rashes can be found with many viral illnesses. A single blood test specific for rubella should be done within 7 to 10 days after the onset of symptoms. There is no treatment for rubella.



For more information, you or your physician may call the Douglas County Health Department at 444-7241 or your local health department.