



## **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](http://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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