



PUBLIC FACT SHEET

Rubella

What is Rubella?

Rubella is usually a mild illness caused by a virus. It is also known as German Measles or 3-day Measles.

How is Rubella spread?

Rubella may be spread through the following ways:

- Coughing and/or sneezing
- Sharing things that are put in the mouth
- Direct contact with nose and throat secretions of infected people

Rubella is very contagious for 1 week before and for at least 4 days after onset of rash.

What are possible symptoms?

Possible symptoms in children:

- Fever
- Rash

Possible symptoms in adults:

- Headache
- Tiredness
- Mild cold symptoms – red eyes, runny nose and a slight cough
- Fever
- Rash

How is Rubella diagnosed?

Rubella is usually diagnosed by a blood test.

What is the treatment for Rubella?

There is no specific treatment for Rubella. As is the case with most viruses, the main goal is to keep the person with rubella comfortable during the course of the illness.

How can Rubella be prevented?

Rubella can be prevented by:

- Vaccination – in the United States, all children are required to have two doses of rubella (given as an MMR) by the age of 6 years. Vaccination begins at 12 months of age.
- Children diagnosed with Rubella should be excluded from school or childcare for 7 days after the rash appears.
- Rubella is no longer very common due to high immunization rates.

For more information on Rubella:

Ottawa County Health Department
www.miOttawa.org
Center for Disease Control and Prevention
<http://www.cdc.gov/vaccines/vpd-vac/rubella/default.htm>

(3/19/09)