

CDRS

Communicable Disease Reporting System

COMMUNICABLE DISEASE FACT SHEET

RUBELLA

Rubella is a viral disease also known as German measles. It is characterized by slight fever, rash, and swollen glands. Most cases are mild.

Symptoms

- May be present with few or no symptoms
- Symptoms may include rash, slight 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 at the hairline, then progresses from head to foot. The rash lasts about three days. As many as 50% of cases occur without a rash.

Transmission

- Rubella is spread through the air or by direct contact with nasal or throat secretions of infected individuals.
- The disease may be transmitted from seven days before to seven days after rash onset.

Treatment

- There is no specific treatment for rubella

Prevention

- Rubella can be prevented with a vaccine, usually given as combination MMR vaccine. Two doses of vaccine are needed to prevent rubella. All persons born during or after 1957 should have documentation of at least one dose of MMR.

Additional Information

Rubella infection is dangerous because of its ability to damage an unborn baby. Infection of a pregnant woman may result in a miscarriage, stillbirth, or the birth of an infant with abnormalities. The abnormalities of an infant born with Congenital Rubella Syndrome (CRS) may include deafness, cataracts, heart defects, liver and spleen damage, and mental retardation.

All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.

Franklin County



Board of Health

Report Disease With Ease - 24 hours a day

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Columbus and Franklin County Communicable Disease Reporting System

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