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### **What is rubella?**

- A viral respiratory disease that usually causes only mild fever and rash. However, the virus can cause serious birth defects to the fetus when pregnant women become infected. Those who have never been vaccinated against rubella are at higher risk.

### **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 14 days after onset of rash

### **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

### **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 individual be isolated?**

- Yes. 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

### **When can the individual return to the general population?**

- When the person feels well again with a minimum of 7 days after onset of rash

### **Are there reporting requirements?**

- Notify the Genesee County Health Department (GCHD) at **257-1017** IMMEDIATELY of a reported or suspected case of rubella

### **Should facilities 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 257-1017