



## RUBELLA FACT SHEET

### WHAT IS RUBELLA?

Rubella is a contagious disease caused by a virus. Rubella was eliminated from the United States in 2004. However, rubella remains a problem in other parts of the world. It can still be brought into the U.S. by people who get infected in other countries.

### HOW DO YOU GET RUBELLA?

Rubella spreads when an infected person coughs or sneezes. If a woman is infected with rubella while she is pregnant, she can pass it to her developing baby. A person with rubella may spread the disease to others up to one week before the rash appears, and remain contagious up to 7 days after.

### SYMPTOMS

Some people who get Rubella have very mild or no symptoms.

For those who do have symptoms, a red rash generally first appears on the face and then spreads to the rest of the body. The rash usually lasts about 3 days.

Other symptoms that may occur 1 to 5 days before the rash appears include: fever, headache, milk pink eye, swollen and enlarged lymph nodes, cough, and runny nose.

Symptoms typically appear 12-23 days after infection.

### TREATMENT

There is no specific treatment for Rubella. Treatment focuses on symptom relief. Discuss treatment options with your doctor.

### PREVENTION

The best way to prevent Rubella is to get the MMR vaccine. This protects against three diseases: measles, mumps, and rubella.

Cover your mouth and nose with a tissue when you cough or sneeze

Wash your hands often with soap and water.

### DGHD EFFORTS

The Delaware General Health District (DGHD) offers the MMR vaccine. Please call (740) 203-2040 to schedule an appointment. Reports of suspected and confirmed cases of disease are made to the DGHD. The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.