



## Rubella (German Measles)

Your child may have been exposed to this disease

*If your child has symptoms, please contact your child's healthcare provider.*

### **If my child has this disease, when can he or she return to school or child care?**

**Children with rubella may not return to school until it has been at least 7 days since the rash first started.** In the rare case that your vaccinated child develops rubella, he or she may not return to school until approved by his or her doctor or health care

**Rubella is a disease caused by a virus.**

Symptoms are:

- Low grade fever (less than 100.4 degrees F)
- A rash that starts on the face and spreads to the rest of the body
- Swollen glands
- Headache
- Cough
- Runny nose
- Aching joints
- Mild red eyes
- Tiredness

These symptoms usually start 12 to 23 days after being exposed to a person who is sick. Children usually have few

symptoms or can have none at all.

Rubella can be very dangerous for a pregnant woman's fetus because 90% of the time it will cause a miscarriage or birth defects.

### **How is Rubella spread?**

Rubella spreads very easily. It is spread by:

- Direct contact with mucus, urine, or fluid from the nose and throat of a sick person.
- Coughing, sneezing, or talking

A sick person can spread the illness 1 week **before** the rash appears, through 1 week after the rash started.

### **What can I do now?**

A woman who is pregnant or might be pregnant and who has been exposed to a person sick with rubella should contact their doctor **immediately**. If your child is not immune to rubella, there is no treatment that will prevent him or her from getting sick. Getting vaccinated will prevent against getting rubella in the future. Call your child's doctor for more information.

**Watch your child** for symptoms of this disease and call your child's doctor or health care provider if your child becomes sick. **Because a person can spread this disease 1 week before they have symptoms and for 7 days after symptoms have started, your child should not be around any pregnant women OR any person who is not immune to rubella until it has been at least 23 days since they were in contact with the person who was sick. This is the case even if he or she does not look sick.** If you think your child has rubella, do **not** bring your child into a crowded waiting room where he or she could infect others. Instead, call your doctor's office or the hospital before you arrive to see the safest way to enter.

**If your child gets sick, prevent others from getting ill by:**

- Keeping your child at home until it has been at least 1 week since the rash *started*.
- Washing your hands often.
- Cover your mouth when coughing and use a tissue when sneezing. Throw used tissues in the trash.

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: [www.cdc.gov/rubella](http://www.cdc.gov/rubella)