

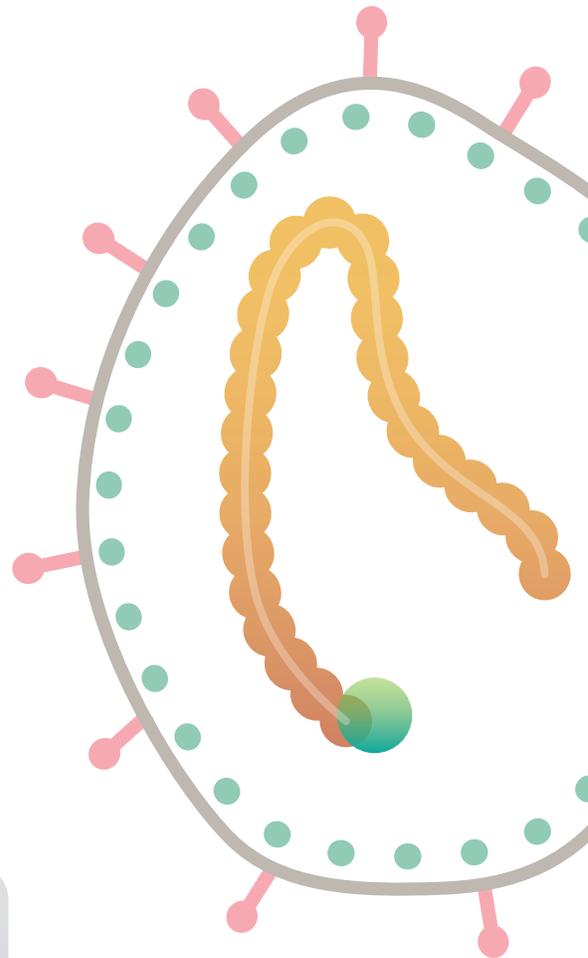
What you should know about

rubella



What is rubella?

Rubella is a preventable disease that spreads easily and is caused by a virus. It is sometimes called “German measles,” but it is a different virus than measles and can cause serious problems in the body.



What are the signs of a rubella infection?



Eye swelling or redness (mild pink eye)



Low-grade fever



Swollen lymph nodes that last 5 to 8 days



Persistent cough



Runny nose



Headache



Rash that can last about 3 days

How does rubella spread?

Rubella spreads when an infected person coughs or sneezes. A pregnant woman with rubella can also pass the infection to her unborn baby, which can cause serious harm to the baby.

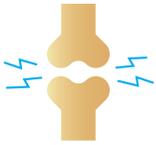


A person with rubella can spread the disease for up to 1 week before any signs appear, and up to 1 week after signs go away. This is important to remember because 25% to 50% of those infected will not experience symptoms.

What are the possible complications of rubella?

About 7 out of 10 women who have rubella may get arthritis, and in rare cases, rubella can cause bleeding or other infections.

But the most serious problem is the harm that rubella can do to a pregnant woman's growing baby. Rubella can cause an unvaccinated pregnant woman to lose her baby before birth (miscarriage), or shortly after birth. She can also pass the virus to her baby, who can develop serious complications such as heart problems, loss of hearing and eyesight, intellectual disability, and liver or spleen damage.



Arthritis



Bleeding



Miscarriage



Harm to baby

Although rubella is not commonly seen in the United States, it is still a serious disease for those affected. People who are infected in other countries can still bring it to the United States.

Talk to your doctor about how you can help protect your loved ones from rubella.

