

FACT SHEET

RUBELLA

(German Measles)

<i>What is Rubella?</i>	Rubella is a virus that causes rash and fever. It is easily spread from one person to another.
<i>How is it spread?</i>	It is only spread from human to human. It can pass from one person to another through the air by droplets when an infected person sneezes or coughs, and it can be spread by direct contact with infected nose and throat secretions
<i>What is the incubation period?</i>	The time from exposure to the onset of symptoms can be 14-21 days, but usually 16-18 days.
<i>What are the symptoms?</i>	Rubella is a mild disease that causes rash, slight fever, and swollen glands. The infection can be very dangerous if spread to a pregnant woman. It can cause miscarriage, birth defects, or fetal death.
<i>What about contacts?</i>	Unimmunized contacts should consult their physician, who may recommend getting immunized, although the vaccine may not prevent disease after an exposure has already occurred. Exposed pregnant women should see their health care provider as soon as possible.
<i>How long is the person contagious?</i>	A person is most likely to pass the virus a few days before the rash starts until 7 days after the rash started. However, it has been found that people can pass it from 7 days before the rash until 14 days after.
<i>When is it OK to return to school/childcare?</i>	Children should stay home until they are no longer ill, <i>at least</i> seven days after the rash began.
<i>Other Important Information</i>	<ul style="list-style-type: none"> ▪ School-age children should have two doses of MMR (measles, mumps, rubella) vaccine. ▪ Parents who sign waivers should be informed that their child will be excluded from school if a case of mumps occurs.

This fact sheet is not intended to replace the advice of your physician. Parents should contact their healthcare provider if they have concerns regarding their child's health. If you have general questions, you may contact a Kalamazoo County nurse at 373-5264 or 373-5267.

FACT SHEET

MEASLES

(Rubeola, Hard measles, Red measles)

<i>What is measles?</i>	Measles is a highly contagious viral illness that was commonly seen before 1957 and the development of the measles vaccine.
<i>How is it spread?</i>	Measles virus is found in the nose and throat of infected persons and it is spread through the air when they cough or sneeze. People that are not immune can catch measles by breathing infected air up to 2 hours after someone coughed or sneezed, or by touching a contaminated surface and then touching their mouth or eyes.
<i>What is the incubation period?</i>	The time of exposure to the onset of symptoms is 7-21 days; it usually takes 10-14 days for the rash to appear.
<i>What are the early signs?</i>	A fever that lasts for a couple of days, followed by a cough, runny nose, and pink eye. A rash starts on the face and upper neck, spreads down the back and trunk, and then extends to the arms and hands, legs and feet. After about five days, the rash fades in the same order it appeared.
<i>What about contacts?</i>	Contacts who have not received two doses of vaccine and were born after 1956 should contact their health care provider to receive vaccine within 72 hours of exposure or immune globulin (IG) within 6 days. They should be excluded from school/daycare until after vaccination.
<i>How long is the person contagious?</i>	The person is usually infectious from 4 days before the rash starts to 4 days after the rash goes away.
<i>When is it OK to return to school/daycare?</i>	The infected child should stay home until they are well and <i>at least</i> 4 days after the onset of the rash. They need a note from their physician to return.
<i>What else should I know?</i>	<ul style="list-style-type: none"> • School-age children should have 2 doses of MMR vaccine given on or after their first birthday. • Parents who sign waivers should be informed that their child will be excluded from school if a case of measles is reported. • Schools are required to report suspected cases of measles to the health department. Cases should be confirmed by a physician and blood test.

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