



KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance...

FACT SHEET RUBELLA

(German Measles)

What is Rubella?	Rubella is a virus that causes rash and fever. It is easily spread from one person to another.
How is it spread?	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
What is the incubation period?	The time from exposure to when symptoms start can be 14-21 days, but usually 16-18 days.
What are the symptoms?	Rubella is a mild disease that causes rash, slight fever, and swollen glands. The infection can be very dangerous for pregnant women. It can cause miscarriage, birth defects, or fetal death.
What about contacts?	Unimmunized contacts should consult their doctor, who may suggest getting the vaccine, although it may not prevent disease after an exposure has already occurred. In the case of an outbreak unimmunized exposed children will be excluded. Exposed pregnant women should see their health care provider as soon as possible.
How long is the person contagious?	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.
When is it OK to return to school/childcare?	Children should stay home until they are no longer ill, <i>at least</i> seven days after the rash began.
Other Important Information	<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 rubella 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 373-5022 or 373-5267.

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