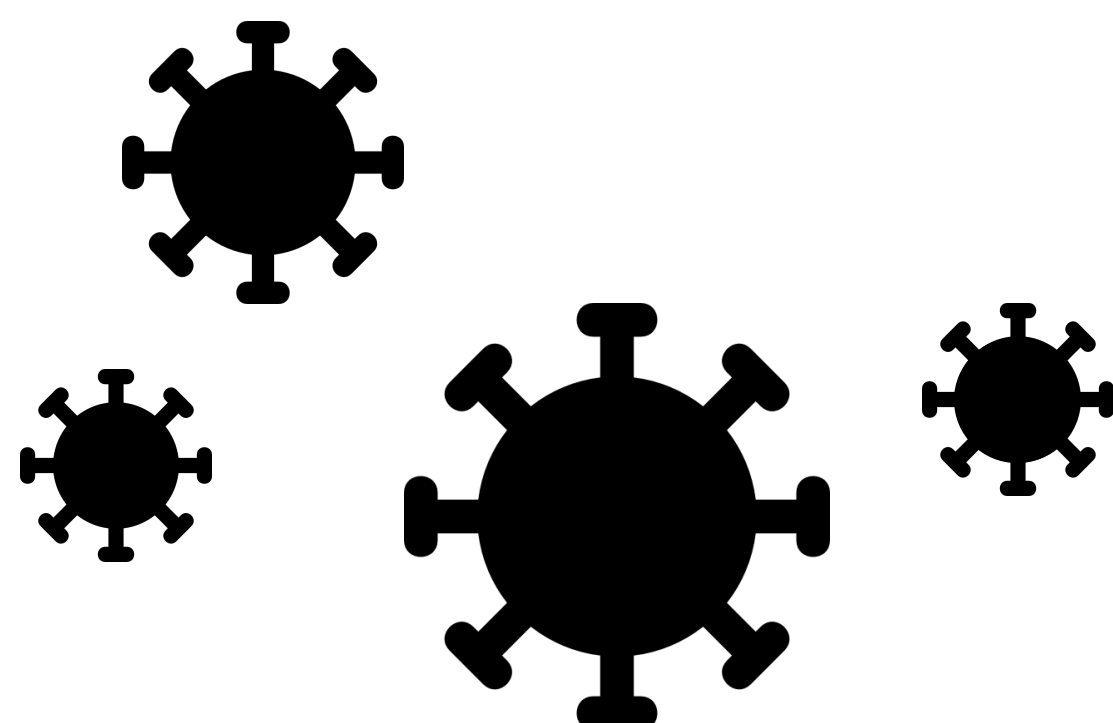
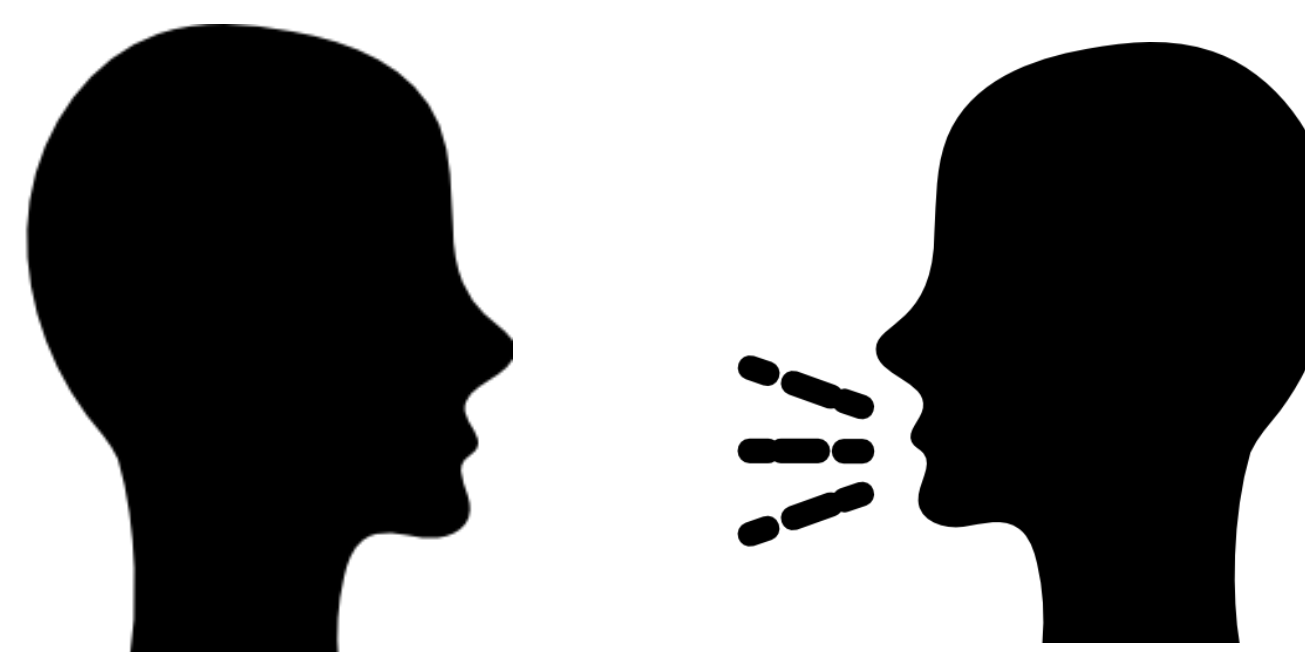


Rubella (German Measles)

Fact Sheet

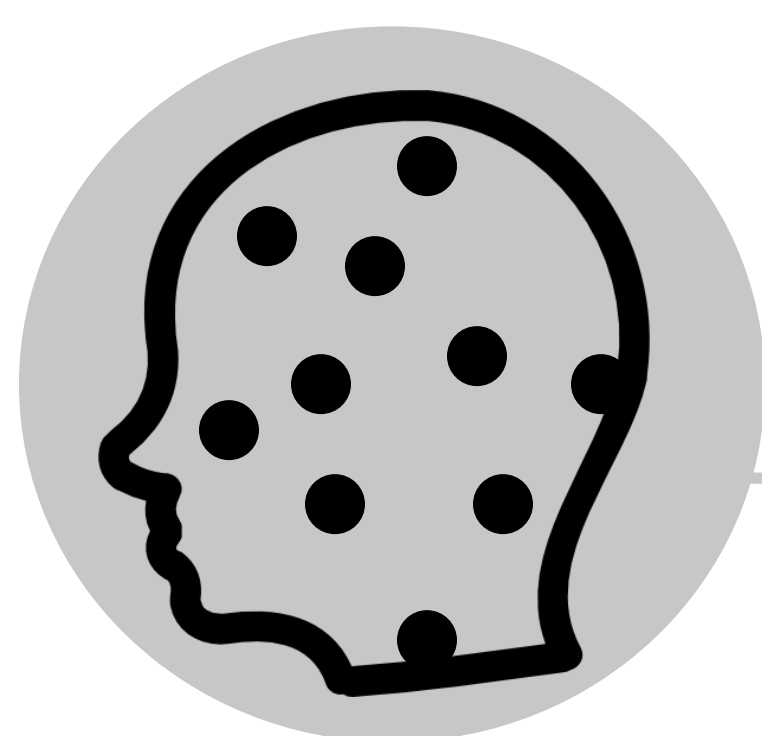


Rubella, also called German measles, is a disease caused by the rubella virus.

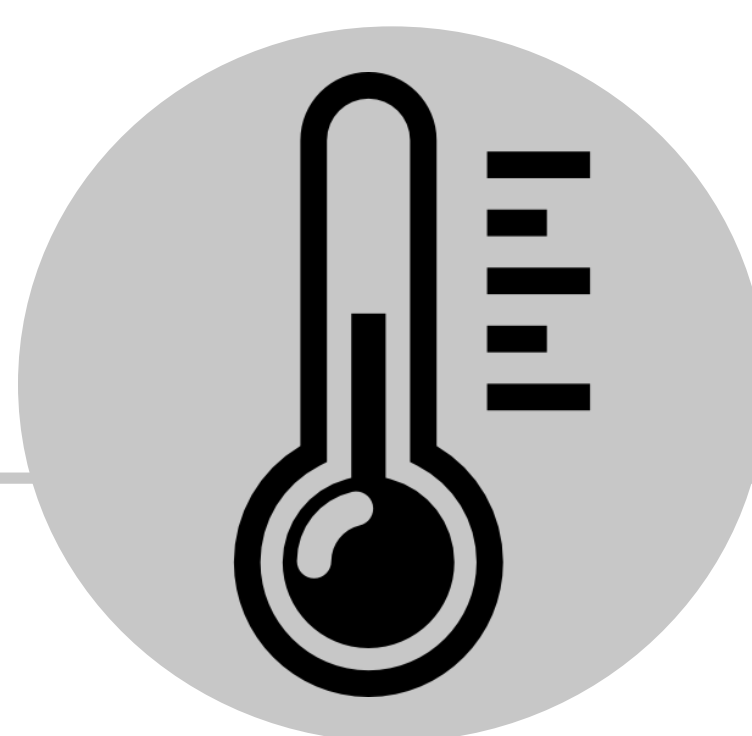


It is usually spread through coughing or sneezing. It can also spread when a person touches a contaminated surface and then rubs their eyes, nose, or mouth.

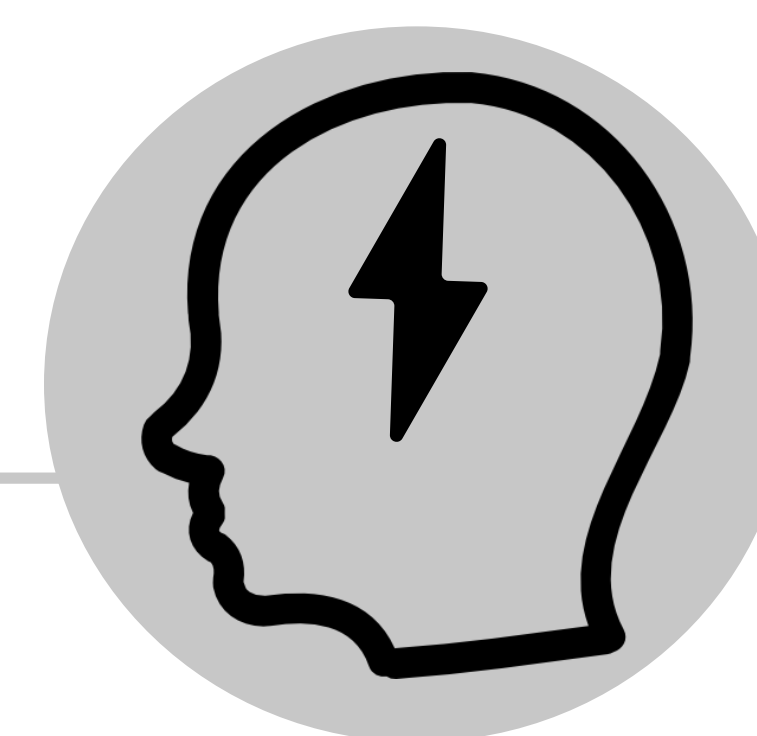
Signs and Symptoms



Rash



Low Fever



Headache

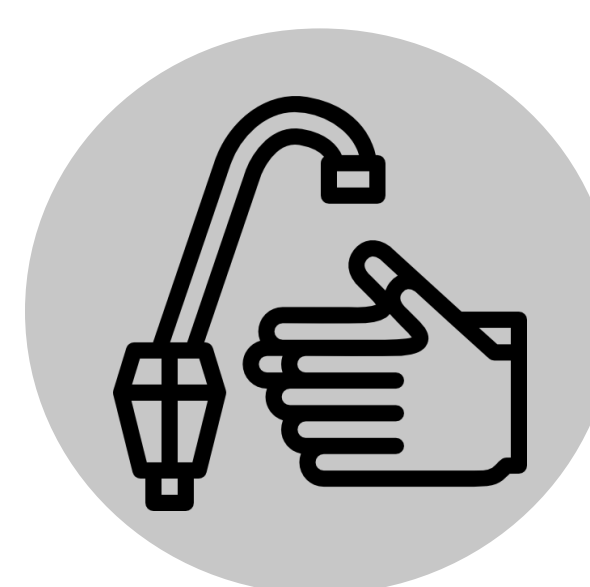
Rubella is usually mild in children and adults, with few or no signs or symptoms. For people that do have signs and symptoms, a red rash is usually the most common. The rash typically starts on the face and then spreads to the rest of the body, and lasts about 3 days. Other signs and symptoms include pink eye, swollen glands, a sore throat, and joint pain.

Signs and symptoms often start 14 days after exposure, but can be up to 23 days later. Rubella can be spread up to 7 days before the rash until 7 days after the start of the rash. People without signs or symptoms can still spread rubella.

Prevention



Getting the vaccine for rubella (usually called MMR) is the best way to prevent rubella.

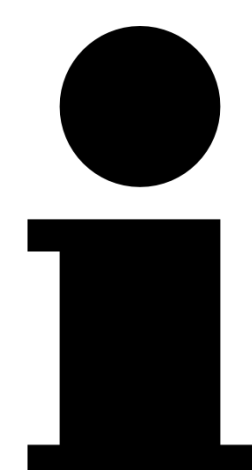


You can also:

- Wash hands with soap
- Do not share eating utensils
- Clean shared surfaces often

Rubella is very dangerous for pregnant women and their fetus. Women should make sure they are vaccinated for rubella before they get pregnant.

For More Information



Contact your doctor or the Maine Center for Disease Control and Prevention at 1-800-821-5821 if you think you have rubella or for more information.

You can also visit www.cdc.gov/rubella.