

MEASLES (RUBELLA, GERMAN MEASLES)
(Reportable Disease - Report to Local Health Agency)

- IMMUNIZATION:** Refer to current immunization schedule.
- INCUBATION PERIOD:** From 14 to 23 days, usually 16 to 18 days.
- SYMPTOMS:** Mild infectious disease with low-grade fever, rash of three days duration or less, headache, tiredness, runny nose and red eyes. Aching and/or swelling of joints may occur, especially in adults. Children may have few or no symptoms. Rubella is easily confused with other rash illnesses.
- PERIOD OF COMMUNICABILITY:** About 1 week before and at least 4 days after onset of rash. Moderately communicable. Infants with congenital rubella syndrome (CRS) can shed virus for months. Persons with suspected rubella should avoid contact with women of child-bearing age during the period of communicability.
- MODE OF TRANSMISSION:** Contact with discharges from nose or throat of infected person. Also by droplet spread or direct contact with infected persons.
- SCHOOL ATTENDANCE:** Exclusion for 7 days after appearance of rash.
- CONTACTS/FOLLOW-UP:** When a case of rubella occurs in a school or day care, all immunization records should be reviewed promptly. Susceptible students should be immunized for protection in the future. Vaccine does not prevent illness. **Pregnant contacts should consult their physicians immediately.**
- Infection of susceptible pregnant women, especially in the first trimester of pregnancy, is significant because the infection may produce defects in the unborn fetus. The purpose of immunizing children is to reduce the likelihood of susceptible pregnant women being exposed to the disease. Live rubella virus vaccine should not be given to pregnant women.