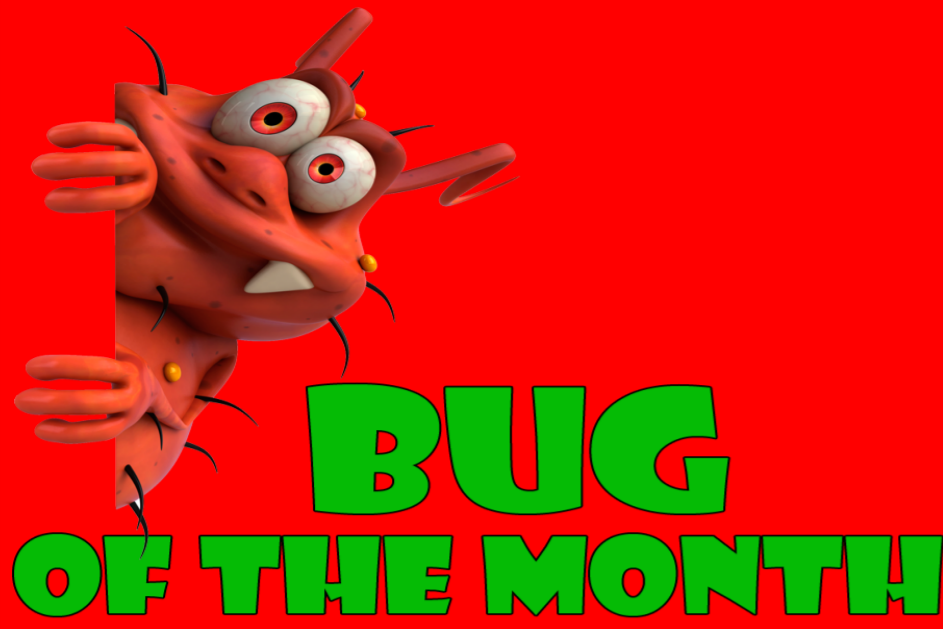


For Staff /Patient Education

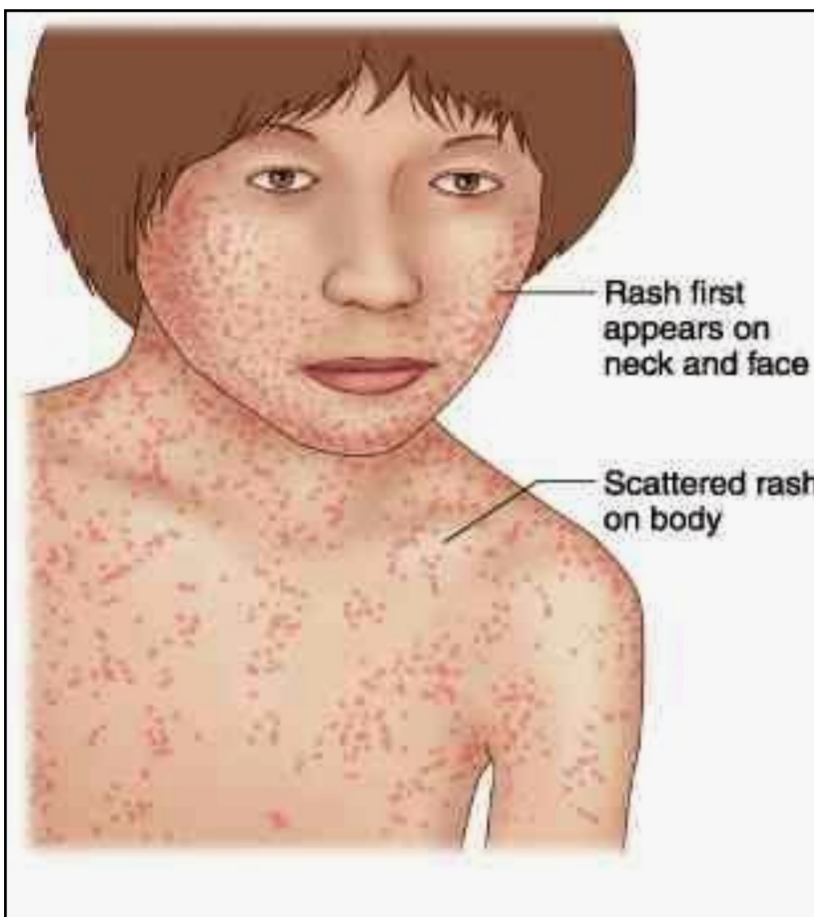
Rubella

(3-Day or German Measles)

August 2016



What is it?



- Infectious agent: Rubella virus (family *Togaviridae*, genus *Rubivirus*).
 - The name rubella is derived from Latin, meaning “little red.”
 - Rubella was initially considered to be a variant of measles or scarlet fever and was called “third disease”. It was not until 1814 that it was first described as a separate disease in the German medical literature, hence the common name “German measles”.
 - Rubella is a moderately contagious disease also called German measles or three-day measles. But don't confuse rubella with measles, which is sometimes called rubeola. The two diseases have similar features, including a red rash, but they are caused by different viruses.
 - Average incubation period is 14 days (range, 12–23 days).
- Usually presents as a nonspecific, maculopapular, generalized rash that lasts ≤ 3 days with generalized lymphadenopathy. Rash may be preceded by low-grade fever, malaise, anorexia, mild conjunctivitis, runny nose, and sore throat.
 - Asymptomatic rubella virus infections are common. Infection during early pregnancy can lead to miscarriage, fetal death, or severe birth defects known as congenital rubella syndrome.

How is it spread?

- Rubella is spread from person to person via droplets shed from the respiratory secretions of infected persons.
- There is no evidence of insect transmission.
- Rubella may be transmitted by persons with subclinical or asymptomatic cases (upto 50% of all rubella virus infections).

Where is it found?


- Rubella is a human disease. There is no known animal reservoir.
- Although infants with CRS may shed rubella virus for an extended period, a true carrier state has not been described.

Prevention and Control?

- Rubella vaccine (contained in MMR vaccine) can prevent this disease.
- Then, it's just “back to basics.” Wash hands often with soap to get rid of any virus you may have touched. And, cover up coughs and sneezes to avoid spreading your own germs to others.
- Patients with rubella should be isolated for 7 days after rash onset, droplet precautions are observed in addition to standard precautions.
- All persons at risk who cannot readily provide acceptable evidence of rubella immunity should be considered susceptible and should be vaccinated.
- Susceptible HCWs should not enter room if immune caregivers are available.
- No recommendation for wearing face protection (e.g., a surgical mask) if immune. Pregnant women who are not immune should not care for these patients.
- Administer vaccine within three days of exposure to non-pregnant susceptible individuals.
- Place exposed susceptible patients on Droplet Precautions; exclude susceptible healthcare personnel from duty from day 5 after first exposure to day 21 after last exposure, regardless of post-exposure vaccine.
- Treatment: Supportive care.

For more information contact:



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Source:

<http://www.cdc.gov/rubella/about/index.html>



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