



GERMAN MEASLES (RUBELLA)

Disease/Incubation Period

Incubation Period: 1 - 4 weeks (usually 2 weeks)

Reportable

Highly Contagious

How To Recognize

Mild cold symptoms, swelling of glands in neck followed 5 – 10 days later by a red rash.

How It Spreads

Contact with discharge from the nose and throat of an infected person. Directly from person to person or indirectly by handling contaminated articles.

When It Is Contagious

From 1 week before to at least 4 days after onset of rash.

What To Do At Home

- Rest, increase fluids. Careful disposal of used tissues.
- Avoid contact with pregnant women. (Rubella can be dangerous to unborn babies).
- If necessary use acetaminophen (Tempra, Tylenol) for fever. **Aspirin is not recommended.**
- Frequent handwashing.
- Hot water washing of contaminated articles.
- Call a Public Health Nurse.

What To Do At School

- Child must not attend until at four days after rash appears
- Any staff who are pregnant should check with doctor or Public Health Nurse to determine whether they have immunity to this disease.
- Notify Public Health Unit/Community Health Agency as un-immunized child will need to be offered immunization.

For additional information and services
contact your Regional Health Authority
listed in the white pages of your
telephone book.