

Rubella (German Measles)

What is Rubella?

Rubella is a viral respiratory disease that is highly contagious.

Signs and Symptoms

Symptoms can appear 12-23 days after exposure, usually 14 days. In children, rash is the first sign and appears on the face and then spreads to the rest of the body, lasting 3 days. Other symptoms may occur 1-5 days before rash and include:

- Low grade fever
- Headache
- Pink eye
- Swollen lymph nodes
- Cough
- Runny nose

25-50% of those with rubella do not experience any symptoms

If you have symptoms, call your healthcare provider

Transmission (How it spreads)

- Person-to-person via respiratory droplet
- Direct contact with mucus of an infected person

Diagnosis and Treatment

Testing of body fluid, such as blood or spinal fluid

There is no specific treatment

Prevention:

- Vaccination!
- The MMR Vaccine is recommended for infants at their first birthday, and again prior to entering school aged 4 or 5.

Who is at Risk?

Those who have not been vaccinated

If you have symptoms, call your healthcare provider

Report cases to the Riley County Health Department by calling the Disease Investigation
Line: 785-317-0474

Rubella is a reportable disease in the state of Kansas. All cases must be reported to RCHD
or KDHE via the Epi Hotline: 877-427-7317