

# NIPAWIN HOSPITAL

## RUBELLA

### DESCRIPTION:

Rubella is caused by a virus. Signs and symptoms include:

- swelling of the glands in the neck and behind the ears
- red rash that sometimes resembles the rash of measles. The child feels unwell and has symptoms of a cold for one or two days before the rash appears
- sometimes no symptoms for children - only rash
- infectious for 7 days before and 7 days after the rash appears

Rubella is spread:

- through the air when an individual with the disease coughs or sneezes.
- through direct contact when the saliva or discharge from the runny nose of a child with Rubella is touched by the non-infected person, then touches their face or mouth.
- indirectly when articles freshly soiled with discharge from nose or throat are touched.

### PREVENTION:

Rubella can be prevented by immunization. All children over one year of age and non-immune adults should be vaccinated.

The Physician can tell if you are immune to Rubella by taking a blood test.

It is important for women of child-bearing years to be immunized against Rubella. Having the disease in the first three months of pregnancy leads to a 3 in 10 chance of the baby having serious problems when born (heart problems, limb deformities, blindness, deafness). If you are not immune and not pregnant you will be given the MMR vaccination (or your Doctor will send you to Public Health for vaccination). It is important that you DO NOT become pregnant for 3 months following vaccination with rubella.

### TREATMENT:

There is no medication to cure Rubella. It is a viral infection. Antibiotics are ineffective against a viral infection.

### THINGS PARENTS CAN DO:

Check the immunization record to see if you and your children have had the Rubella or MMR vaccine. (MMR - Measles, Mumps, Rubella) if not contact your local Public Health agency to arrange vaccination as soon as possible.

If you think you child has Rubella contact your Physician.

- Keep the child at home
- Treat as for flu - lots of rest, give plenty of fluids, treat the fever with Tylenol for age. **No Aspirin.**
- Do not expose pregnant non-immune women.

