

Fast Facts

Rubella

- Also known as German measles or three-day measles
- Caused by a virus
- Spread through coming into contact with the respiratory secretions of an infected individual, which usually happens when an infected person coughs or sneezes and someone else inhales them or touches a surface the droplets landed on and then touches their face
- Can also be passed from a pregnant woman to the fetus via the bloodstream
- Shares many of the same symptoms as the measles, but it's not as infectious or severe
- Contagious period is very long because it starts one to two weeks before the rash appears and ends one to two weeks after it arrived

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none">-Fine pink rash that starts on the face and quickly covers the torso and then arms/legs-Mild fever (102°F or lower)-Headache-Stuffy/runny nose-Inflamed/red eyes-Aching joints (especially in young women)-Enlarged/tender lymph nodes at the base of the skull, back of the neck and behind the ears	<ul style="list-style-type: none">-Get plenty of rest-Drink enough fluids to stay hydrated-Take over-the-counter fever reducers/pain relievers, like acetaminophen or ibuprofen	<ul style="list-style-type: none">-Get MMR vaccine

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