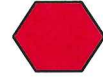


Rubella

(German Measles)



Clinical Description:

Rubella is a mild rash illness caused by the rubella virus. Rubella is characterized by a rash that often fades or turns red and is most evident after a hot shower. Symptoms can include fever, joint pain (in adolescents and adults), and enlarged and tender lymph nodes at the back of the neck. Rubella is also the cause of significant congenital defects in infants whose mothers are exposed during pregnancy.

Incubation Period:

The incubation period is normally from 12 - 23 days, usually from 16 - 18 days.

Mode of Transmission:

Transmission occurs through direct or droplet contact with infectious nasopharyngeal secretions.

Period of Communicability:

An infected person is contagious from seven days prior to the appearance of the rash through seven days after the rash appears.

Exclusion/Reporting:

Whenever rubella is strongly suspected or confirmed, notify the local health department immediately. Infected persons are excluded from school and contact with other individuals outside the household for seven days after the onset of rash. Students who have not presented proof of immunity against rubella are excluded until acceptable proof of immunity is presented, or in the case of medical or religious exemptions, until 23 days after the onset of the last reported rubella case. For information on laws and rules regarding rubella, see the ISDH Communicable Disease Reporting Rule (410 IAC 1-2.3-95) at [http://www.in.gov/isdh/files/comm_dis_rule\(1\).pdf](http://www.in.gov/isdh/files/comm_dis_rule(1).pdf).

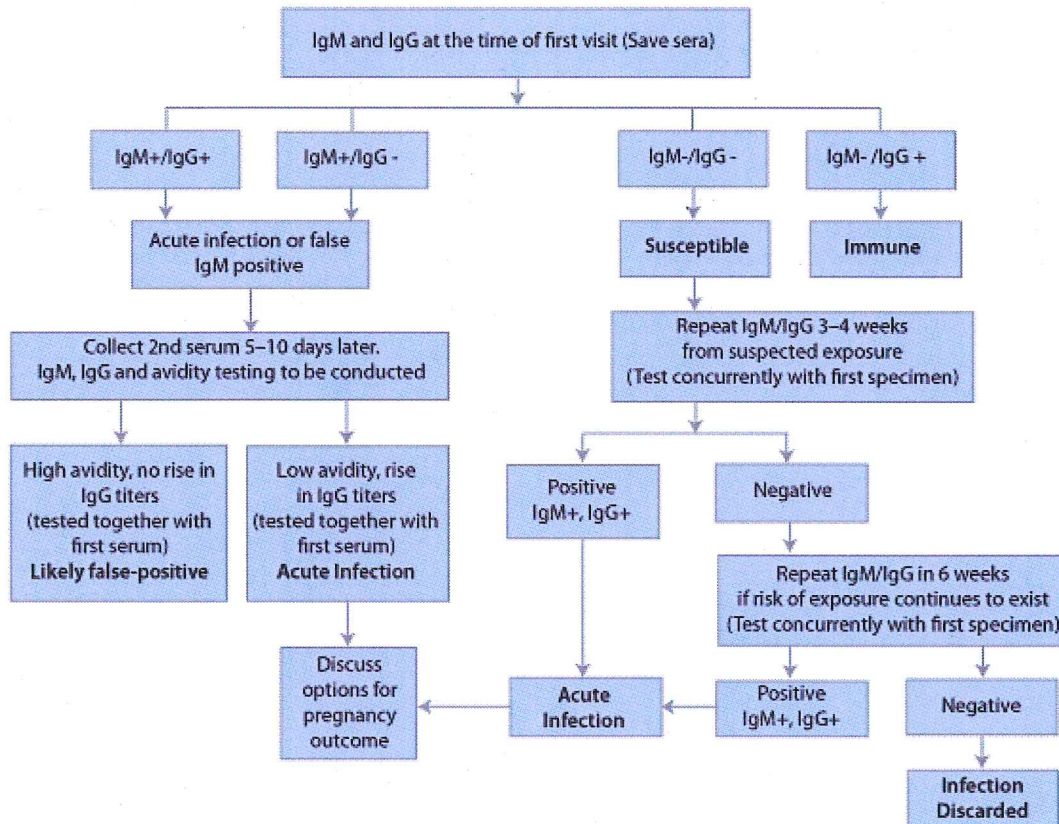
Prevention/Care:

- Vaccinate with rubella vaccine at 12 - 15 months of age and again at 4 - 6 years of age. School immunization requirements can be found at <http://bit.ly/1rFzDxD>. If given as a single antigen vaccine, only one dose of rubella is required.
- Check immunization records for all students and staff to assure they have received one dose of a rubella containing vaccine. To prevent transmission, identify non immune students (medical or religious exemptions) for possible exclusion.
- Inform high risk people within the school when a case of rubella has been identified. Exposed pregnant women should be tested for rubella immunity, if unknown, and should consult their healthcare provider.
- School personnel planning a pregnancy should be vaccinated 28 days prior to pregnancy.
- Call caregiver of a suspect case to ensure child has been evaluated by a health care provider.

Outbreaks:

According to the ISDH Communicable Disease Reporting Rule (410 IAC 1-2.3), an outbreak is defined as the number of cases of disease occurring in a community, region, or particular population that exceeds what is normally expected. If an outbreak is suspected, contact your local health department. For rubella, one case constitutes an outbreak. Any case or suspected case must be immediately reported to the local health department and/or the ISDH. All women of childbearing age who are contacts of a person with a suspected or confirmed case should have their pregnancy status determined. If a pregnant woman is infected with rubella, immediate medical consultation is necessary. If a pregnant woman lacks laboratory evidence of rubella immunity, precautions should be taken to prevent any type of exposure to persons infected with rubella. For additional information and recommendations regarding the preparation for, and the management of an outbreak situation in a school setting, see Appendix A, "Managing an Infectious Disease Outbreak In a School Setting."

Algorithm for serologic evaluation of pregnant women exposed to rubella:



Other Resources:

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/vaccines/pubs/pinkbook/rubella.html>

<http://www.cdc.gov/vaccines/vpd-vac/rubella/default.htm>

Indiana State Department of Health Quick Facts Page (found on disease/condition page):

<http://bit.ly/12IjLfd>