



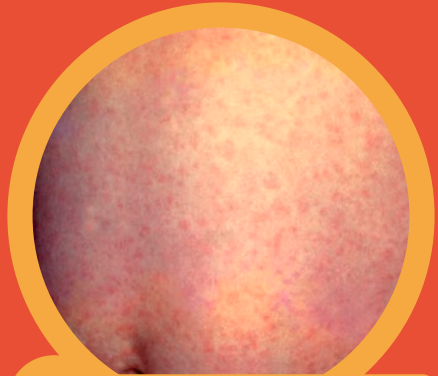
1

Fever



2

Headaches



3

Skin rash

# RUBELLA

## MODE OF TRANSMISSION

Airborne infection: transmitted through coughing, sneezing, speaking.

## PREVENTION

Rubella vaccine (very well tolerated).  
Primary vaccine between 11 and 14 months of age, second vaccine 4 to 6 weeks later.

## INCUBATION PERIOD

The time from infection to outbreak of the disease is between 14 and 21 days.

## CLINICAL SYMPTOMS

Fever **1**, headaches **2**, a fleeting rash starting on the face **3**, swelling of lymph nodes on the neck, joint ache. The disease most often progresses like a common cold, but is highly contagious.

## PREGNANCY

**Poses a high risk to unborn babies!**  
Unborn babies are at risk of rubella embryopathy with various impairments and often permanent severe disabilities, such as congenital heart defects, eye diseases, deafness and damage to the nervous system.

## CONTAGIOUSNESS

This disease is already contagious one week prior to the outbreak of the rash for up to two weeks after the outbreak of the rash.

## READMITTANCE

Once the symptoms have abated, a child suffering from rubella may attend the nursery again.

**FOR FURTHER INFORMATION  
SEE THE NHS WEBSITE**

