RUBELLA

1. Fever
2. Headaches
3. Skin rash
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