

Rubella Fact Sheet

What is Rubella?

Rubella, also known as German measles, is caused by the rubella virus. Rubella is not common in adults but can occur in those not immunized against Rubella. For children, rubella is usually a less serious disease than regular measles. However, it is very serious for unborn babies – up to 90% can be affected if a pregnant woman is infected by rubella within the first 10 weeks of her pregnancy. This could lead to the woman having a miscarriage, or the baby being born deaf, blind, or with heart or brain damage. Before you become pregnant, ask your doctor if you need the rubella vaccine.

What are the symptoms?

Sometimes, children infected with rubella show no symptoms at all; however, children with rubella usually have a low fever and mild, cold-like symptoms. A red or pink rash may follow, starting on the face then spreading down the rest of the body. Children may also have slightly swollen glands or achy joints. Rubella usually lasts for 3 days to a week. A person will develop symptoms of Rubella between 14–21 days (average is 14–17 days).



How is it transmitted?

A person with Rubella or a measles infection can infect other people 1 week before they develop a fever until at least 4 days after they develop a rash. If a baby is born after being exposed in utero, they can be infectious for a much longer period of time. Like regular measles and mumps, rubella is mainly spread by close contact with people who have the disease.



How is it managed?

The rubella vaccine is given by needle and is very safe. The rubella vaccine is administered as part of combined vaccines – called MMR or MMRV. The MMR vaccine protects your child from measles, mumps and rubella, while the MMRV vaccine protects against measles, mumps, rubella and varicella (chicken pox).

What to do if you have symptoms:

Rubella is infectious. If you are sick stay home and phone KAUST Health for advice.



Taken from: [CDC](https://www.cdc.gov)