

This leaflet gives general advice. For further information please ask either the nursing or medical staff who are providing your care and treatment or contact the Infection Prevention and Control Team on 01386 502552.

If you would like this leaflet in a different language, larger print size, in audio, Braille or any other format please contact the PALS team by phone on
☎ 01905 760020;

by letter ✉ Communications,
Worcestershire Health and Care Trust,
2 Kings Court, Charles Hasting Way,
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or by email 📧:
communications@nhs.net



Worcestershire
Health and Care
NHS Trust



RUBELLA

What is it?

Your questions answered

**An Information Leaflet
for
Patients and Staff**

WHAT IS IT?

Rubella (or German Measles) is caused by a virus. It is associated with a mild fever and a rash.

HOW DO YOU KNOW SOMEONE HAS IT?

A child may have few symptoms but adults may have a fever, rash, headache and possibly conjunctivitis for up to 5 days. Swelling of glands around the neck and ears often occurs. Female adults may also experience pain in the joints.

IS IT INFECTIOUS?

Yes. Rubella is infectious from 1 week before until 5 days after the rash first appears. It is spread by direct contact with sneezing or coughing.

WHAT IS THE INCUBATION PERIOD?

The time from contact with infection to onset of symptoms is 16-18 days.

IS THERE ANY TREATMENT?

There is no specific treatment for rubella. Treatment should be based on easing symptoms. Mumps, Measles and Rubella (MMR) vaccine is given in the national immunisation programme at 12-15 months and at 3-4 years of age.



WHAT SHOULD YOU DO IF SOMEONE HAS THE ILLNESS?

See a doctor but inform the surgery first that you are bringing someone who you suspect has rubella so that they can put you in a side waiting room.

- The infected person should avoid contact with any pregnant woman who has not been immunised against rubella. If a woman is unsure about her rubella status, she should seek advice from her GP.
- The infected person should rest while they have a fever.
- Keep a child or adult cool by reducing the amount of clothing or bedding and by giving paracetamol as indicated on the packaging/bottle.
- Ensure the infected person covers their mouth and nose when coughing and sneezing. Ensure hands are washed regularly.

HOW SOON CAN THE PERSON RETURN TO WORK/THE CARE SETTING?

The person should stay away until they feel well again and for at least 5 days from onset of rash.