

## ***Rubella Disease***

### **Description**

An acute viral disease that causes fever and rash

### **Symptoms**

Rash and fever for two to three days (mild disease in children and young adults)

### **Complications**

Birth defects if acquired by a pregnant woman: deafness, cataracts, heart defects, mental retardation, and liver and spleen damage (at least a 20% chance of damage to the fetus if a woman is infected early in pregnancy)

### **Transmission**

Spread by contact with an infected person, through coughing and sneezing

### **Vaccine**

Rubella vaccine (contained in MMR vaccine) can prevent this disease.

### **Who Needs It?**

***You do NOT need the measles, mumps, rubella vaccine (MMR) if:***

- You had blood tests that show you are immune to measles, mumps, and rubella.
- You are a man born before 1957.
- You are a woman born before 1957 who is sure she is not having more children, has already had rubella vaccine, or has had a positive rubella test.
- You already had two doses of MMR *or* one dose of MMR plus a second dose of measles vaccine.
- You already had one dose of MMR *and* are not at high risk of measles or mumps exposure.

***You SHOULD get the MMR vaccine if you are not among the categories listed above, and***

- You are a college student, trade school student, or other student beyond high school.
- You work in a hospital or other medical facility.
- You travel internationally, or are a passenger on a cruise ship.

- You are a woman of childbearing age.