

Your child may have been exposed to:

Rubella

Quick Help

If you think your child has Rubella

Tell your childcare provider or call the school.

Need to stay home?

Yes, until 7 days after the rash appears.

If a case of rubella occurs in your childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.

Prevention

- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching infected skin on humans and pets. Your child may need help with handwashing
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.

Rubella is a mild viral infection usually lasting 3 days that is now rare in the United States because of routine immunization.

Symptoms:

Your child may have fever and swollen glands in the area behind the ears and in the neck. There may also be a rash that usually appears first on the face and moves toward the feet. The rash usually lasts 3 days. If your child has been infected, it may take 14 to 21 days for symptoms to start.

Spread

- By coughing and sneezing
- By touching contaminated objects or surfaces

Contagious Period

From 7 days before until 7 days after the rash begins.

Call your Healthcare Provider

If anyone in your home:

- Was exposed to rubella and has not had rubella disease or rubella vaccine in the past.
- Develops a rash, fever and swollen glands. A blood test may be done.
- Is pregnant and/or develops a rash. This is important because the baby can become infected.

For more information, please visit or call:
Oldham County Health Department
1786 Commerce Parkway, LaGrange KY 40031
502-222-3516 ext. 136
www.oldhamcountyhealthdepartment.org

