



Rubella

Your child may have been exposed to rubella. Rubella is a viral rash illness that may be prevented through vaccination.

If you think your child has rubella:

- Tell your childcare provider or call the school.
- **Keep your child home from childcare and school** until 7 days after the rash appears.
- If a case of rubella occurs in your child's childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Parent/Guardian information

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 12 to 23 days, usually 17 days, for symptoms to start.

Spread

- By coughing and sneezing.
- By touching contaminated hands, objects, or surfaces.

Contagious period

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

Call your health care 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 lab test may be done.
- Is pregnant and/or develops a rash. This is important because the baby can become infected.

Prevention

- In Minnesota, all children 15 months of age or older attending childcare or school must be vaccinated against rubella or have a legal exemption. Two doses or a legal exemption are required for kindergarten and seventh grade enrollment.
Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. 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.