

OA Reablement service	OA Day Care	OA Residential Care	Domiciliary Services	DMH Day Services	DMH Supported Living	DMH Residential Services	EIA'd
✓	✓	✓	✓	✓	✓	✓	✓

I3

RUBELLA

(German Measles)

Introduction

For most people rubella is a mild infectious disease, although it can have serious consequences for pregnant women. It was previously common among children aged four to nine years. It often occurred in epidemics every 6-9 years in populations where vaccination had not been in use. Rubella is a notifiable disease, which means that a doctor who sees a patient whom they suspect has rubella is required by law to report it. It is transmitted by direct contact or droplet spread. Humans are the only known hosts.

The illness

Rubella is very rarely a serious disease. It causes a transient red rash, swollen lymph glands around the ears (post-auricular) and back of head (sub-occipital), and occasionally in adults, arthritis (any abnormality of a joint caused by inflammation) and arthralgia (pain in a joint caused by inflammation). Rubella is serious for pregnant women, therefore they must report to their employee straight away.

The rash may be fleeting and may look like the rash caused by other viruses, therefore, clinical diagnosis by rash is unreliable. Clinical diagnosis should be confirmed using oral fluid testing. The incubation period is 14 - 21 days and the period of infectivity from one week before until four days after the onset of rash.

Treatment

There is no specific treatment for rubella. Treatment should be based on alleviating symptoms.

Prevention

Rubella vaccine is one of the components of MMR vaccine. The introduction of MMR has led to a fall in the number of cases of rubella in the community and in pregnancies complicated by maternal rubella.

Recommended immunisation schedule

MMR is given in the national immunisation programme at 12 to 15 months and at 3 and a half to 5 years of age. There is no upper age limit and where required, two doses can be given separated by a minimum of a one month interval (over ten years of age) or three months (under 10 years of age).

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Amendment	1							13/05/11 P&P

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Exclusion from work

4 days from the onset of the rash.

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