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Rubella

Also called: German measles, Three day measles

Rubella is an infection caused by a virus. It is usually mild with fever and a rash. About half of the people who get rubella do not have symptoms. If you do get them, symptoms may include:

- A rash that starts on the face and spreads to the body
- Mild fever
- Aching joints, especially in young women
- Swollen glands

Rubella is most dangerous for a pregnant woman's baby. It can cause miscarriage or birth defects.

Rubella spreads when an infected person coughs or sneezes. People without symptoms can still spread it. There is no treatment, but the measles-mumps-rubella (MMR) vaccine can prevent it.

Centers for Disease Control and Prevention

Start Here

- About Rubella (German Measles, Three-Day Measles) [<https://www.cdc.gov/rubella/about/>] (Centers for Disease Control and Prevention)
- Rubella [<https://www.who.int/en/news-room/fact-sheets/detail/rubella>] (World Health Organization)
Also in Spanish [<https://www.who.int/es/news-room/fact-sheets/detail/rubella>]
- Rubella (German Measles) [<https://kidshealth.org/en/parents/german-measles.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/german-measles.html>]
- Rubella: Questions and Answers [<https://www.immunize.org/wp-content/uploads/catg.d/p4218.pdf>] (Immunization Action Coalition) - **PDF**

Prevention and Risk Factors

- MMR Vaccine (Measles, Mumps and Rubella): What You Need to Know [<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/mmr.pdf>] (Centers for Disease Control and Prevention) - **PDF**
Also in Spanish [https://www.immunize.org/wp-content/uploads/vis/spanish_mmr.pdf]
- MMRV Vaccine (Measles, Mumps, Rubella, and Varicella): What You Need to Know [<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/mmr.pdf>] (Centers for Disease Control and Prevention) - **PDF**
Also in Spanish [https://www.immunize.org/wp-content/uploads/vis/spanish_mmr.pdf]

Related Issues

- Current Vaccine Shortages and Delays [<https://www.cdc.gov/vaccines/hcp/vaccines-us/shortages-delays.html>] (Centers for Disease Control and Prevention)

Clinical Trials

- ClinicalTrials.gov: Rubella [<https://clinicaltrials.gov/search?cond=%22Rubella%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Bridging immunization gaps: lessons from Zambia's 2024 measles-rubella supplementary immunisation activity. [<https://www.ncbi.nlm.nih.gov/pubmed/40678637>]
- Article: Perinatal outcome of pregnant mothers with active rubella infection in a... [<https://www.ncbi.nlm.nih.gov/pubmed/40620392>]
- Article: Long-term trends in rubella incidence across various regions and age groups... [<https://www.ncbi.nlm.nih.gov/pubmed/40535443>]
- Rubella -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Rubella%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- Centers for Disease Control and Prevention [<https://www.cdc.gov/>] Also in Spanish [<https://www.cdc.gov/spanish/>]
- National Foundation for Infectious Diseases [<https://www.nfid.org/>]
- National Institute of Allergy and Infectious Diseases [<https://www.niaid.nih.gov/>] 

Children

- Rubella Vaccine Recommendations [<https://www.cdc.gov/rubella/hcp/vaccine-considerations/>] (Centers for Disease Control and Prevention)

Women

- Measles, Mumps, Rubella and the MMR Vaccine during Pregnancy [<https://mothertobaby.org/fact-sheets/measles-mumps-and-rubella-mmr-vaccine/>] (Organization of Teratology Information Specialists)
Also in Spanish [<https://mothertobaby.org/es/hojas-informativas/sarampion-paperas-rubeola-la-vacuna-mmr/>]

Patient Handouts

- Congenital rubella [<https://medlineplus.gov/ency/article/001658.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001658.htm>]
- MMR Vaccine (Measles, Mumps and Rubella): What You Need to Know [<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/mmr.pdf>] (Centers for Disease Control and Prevention) - PDF
Also in Spanish [https://www.immunize.org/wp-content/uploads/vis/spanish_mmr.pdf]
- MMRV Vaccine (Measles, Mumps, Rubella, and Varicella): What You Need to Know [<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/mmr.pdf>] (Centers for Disease Control and Prevention) - PDF
Also in Spanish [https://www.immunize.org/wp-content/uploads/vis/spanish_mmr.pdf]
- Rubella [<https://medlineplus.gov/ency/article/001574.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001574.htm>]



MEDICAL ENCYCLOPEDIA

Congenital rubella [<https://medlineplus.gov/ency/article/001658.htm>]

Rubella [<https://medlineplus.gov/ency/article/001574.htm>]

Related Health Topics

Childhood Vaccines [<https://medlineplus.gov/childhoodvaccines.html>]

Vaccines [<https://medlineplus.gov/vaccines.html>]

National Institutes of Health

The primary NIH organization for research on *Rubella* is the National Institute of Allergy and Infectious Diseases [<http://www.niaid.nih.gov/>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/rubella.html>] on *Rubella*

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