



Rubella

Rubella, also known as **German measles** or **three-day measles**,^[5] is an infection caused by the rubella virus.^[3] This disease is often mild with half of people not realizing that they are infected.^{[1][6]} A rash may start around two weeks after exposure and last for three days.^[1] It usually starts on the face and spreads to the rest of the body.^[1] The rash is sometimes itchy and is not as bright as that of measles.^[1] Swollen lymph nodes are common and may last a few weeks.^[1] A fever, sore throat, and fatigue may also occur.^{[1][2]} In adults joint pain is common.^[1] Complications may include bleeding problems, testicular swelling, and inflammation of nerves.^[1] Infection during early pregnancy may result in a child born with congenital rubella syndrome (CRS) or miscarriage.^[3] Symptoms of CRS include problems with the eyes such as cataracts, ears such as deafness, heart, and brain.^[3] Problems are rare after the 20th week of pregnancy.^[3]

Rubella is usually spread through the air via coughs of people who are infected.^{[3][4]} People are infectious during the week before and after the appearance of the rash.^[1] Babies with CRS may spread the virus for more than a year.^[1] Only humans are infected.^[3] Insects do not spread the disease.^[1] Once recovered, people are immune to future infections.^[3] Testing is available that can verify immunity.^[3] Diagnosis is confirmed by finding the virus in the blood, throat, or urine.^[1] Testing the blood for antibodies may also be useful.^[1]

Rubella is preventable with the rubella vaccine with a single dose being more than 95% effective.^[3] Often it is given in combination with the measles vaccine and mumps vaccine known as the MMR vaccine.^[1] When some, but less than 80% of the people are vaccinated, more women might make it to childbearing age without developing immunity by infection or vaccination and CRS rates could increase.^[3] Once infected there is no specific treatment.^[2]

Rubella is a common infection in many areas of the world.^[2] Each year about 100,000 cases of congenital rubella syndrome occur.^[3] Rates of disease have decreased in many areas as a result of vaccination.^{[2][6]} There are ongoing efforts to eliminate the disease globally.^[3] In April 2015 the World Health Organization declared the Americas free of rubella transmission.^{[7][8]} The name "rubella" is from Latin

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Synonyms	German measles, three-day-measles
	
	
An airborne disease is any disease that is caused by pathogens that can be transmitted through the air. Such diseases include many of considerable importance both in human and veterinary medicine. The relevant pathogens may be viruses, bacteria, or fungi, and they may be <u>spread through breathing, talking</u>	
	inflammation of nerves, congenital rubella syndrome, miscarriage ^{[1][3]}
Usual onset	2 weeks after exposure ^[1]
Duration	3 days ^[1]
Causes	Rubella virus (spread through the air) ^{[3][4]}
Diagnostic method	Finding the virus in the blood, throat, or urine, antibody tests ^[1]
Prevention	Rubella vaccine ^[3]
Treatment	Supportive care ^[2]
Frequency	Common in many areas ^[2]