

## Rubella

Rubella is a contagious disease caused by a virus. Most people who get rubella usually have a mild illness, with symptoms that can include a low-grade fever, sore throat, and a rash. Rubella, however, can cause a miscarriage or serious birth defects in an developing baby if a woman is infected while she is pregnant.

### Signs and Symptoms

Most adults who get rubella usually have a mild illness, with include:

- low-grade fever
- sore throat
- a rash (that starts on the face and spreads to the rest of the body)

Some adults may also have a headache, [pink eye](#), and general discomfort before the rash appears. About 25 to 50% of people infected with rubella will not experience any symptoms.

### Incubation period

The average incubation period of rubella virus is 17 days, with a range of 12 to 23 days.

### How Rubella Spreads

Rubella is a contagious virus that lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing.

(From "Rubella (German Measles, Three-Day Measles)," Centers for Disease Control and Prevention, <https://www.cdc.gov/rubella/index.html>)

### Prevention

The most important step to prevent rubella is to check your antibody level, and get a rubella vaccination if the antibody is negative. It is quite important especially for students and staff of School of Medicine or

Education, and University Hospital staff. Covering coughs and sneezes and frequent hand washing are recommended to help slow the spread of the virus.

#### If You Get Rubella

Please avoid coming University to attend classes or to work for. Contact your department office and Health Service Center.

- Standard Period of Suspension of Attendance

Until the rash disappears (Enforcement Regulations for the School Health and Safety Act)

- For University Hospital staff (including students under clinical training)

First of all, contact Department of Infection Control, University Hospital (Tel:082-257-5372), and follow the order.

Please contact us if you have a question.

Health Service Center (email: [health@hiroshima-u.ac.jp](mailto:health@hiroshima-u.ac.jp))