

# RUBELLA PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: RUBELLA

Rubella is a viral illness that may be prevented through vaccination.

### Need to stay home?

Yes, consult with health department. May return on the 8<sup>th</sup> day after onset of rash.

If you think your child has Rubella tell your childcare provider or call the school. Public health will inform unvaccinated children and staff how long they will need to stay home.

### 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 14 to 21 days for symptoms to start.

### Spread

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

### Contagious Period

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

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

### Prevention

- In Nevada, all children 15 months of age or older attending childcare or school must be vaccinated against rubella or have 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.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with hand washing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.

For more information, please contact your local health department.

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-887-2190 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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