Your child may have been exposed to:

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

If you think your child has rubella, tell your childcare provider or call the school.

Keep your child home from <u>childcare and school</u> until 7 days after the rash appears.

If a case of rubella occurs in your child's childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

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, usually 16 to 18 days, for symptoms to start.

Spread

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

Contagious period

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

Call your health care 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 lab test may be done.
- is pregnant and/or develops a rash. This is important because the baby can become infected.

Prevention

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

Hennepin