

Rubella & Women

RUBELLA (German Measles)

Rubella is usually a mild illness of young children spread by breathing, coughing and sneezing, but it is dangerous to the unborn child.

Symptoms of rubella

- rash
- swollen neck glands
- sore joints
- feeling unwell
- or no symptoms at all

Effects of rubella on the unborn child can be

- blindness
- deafness
- heart defects
- brain damage

Get your immunity checked now

All women need to know if they are immune (protected) from rubella.

IMMUNITY TO RUBELLA IS POSSIBLE

You will be immune if:

- you have already had rubella
- you have had a rubella injection

Rubella can be difficult to diagnose and the immunisation is not 100% effective. Talk to your doctor, nurse or community health worker. Ask for a blood test to find out if you are immune

Rubella can affect your unborn child causing serious defects

Did you miss out?

Most women were immunised in Form 1, but some people missed out. **Those born between 1965 and 1968** are least likely to be immune. If you are not immune the rubella or the measles, mumps and rubella (MMR) immunisation is available free.

Your rubella immunity can save your baby from harm

IMPORTANT MESSAGES

- **If you are planning pregnancy, check in early with your midwife or doctor to see whether you need to be immunised from rubella.**
- When you get immunised, avoid getting pregnant for three months.
- **Worst time for a pregnant woman to get rubella:**
 - first three months of pregnancyIf you think you might be pregnant and your immunity was not tested, check early with your midwife or doctor. Your immunity can be tested after you are pregnant.
- If you think you are pregnant, try to keep away from children with a rash and adults who are unwell with flu-like symptoms unless you know you have immunity from rubella.
- If you are pregnant and with people who have rubella, tell your doctor or midwife straight away. You will need to have tests to check whether you are immune or whether you have caught rubella.
- If you have children, make sure they are immunised. The MMR (measles, mumps, rubella) vaccine is offered to all children at 15 months old, and from 2001 the second dose is given at age 4 years before starting school. MMR was previously offered at age 15 months and in Form 1.

Make sure your children are immunised

