

Know more about rubella (German measles)

What is rubella (German measles)?

- **Highly infectious**

Can pass to others from 1 week before to 1 week after appearance of rash

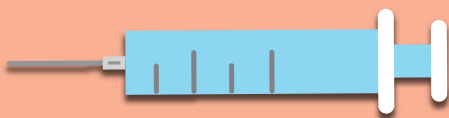


- **Present with** a diffuse rash, fever, headache, malaise, enlargement of lymph nodes, upper respiratory symptoms and conjunctivitis

- **Congenital rubella syndrome**, characterised by deafness, cataract, heart malformations, mental retardation etc., may occur in infants born to women who get infected during the **first 3 months of pregnancy**

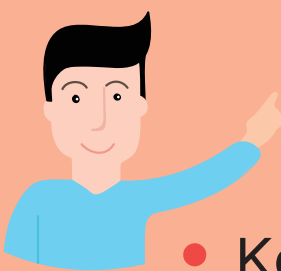


Prevention



- **Vaccination** is the most effective preventive measure
 - Take about two weeks after vaccination for antibodies to develop
 - Most ($\geq 95\%$) people can enjoy long-term, or even lifelong protection after receiving a single dose of vaccine
 - Women should check immune status before planning for pregnancy and avoid pregnancy for 3 months after receipt of rubella-containing vaccine

2 weeks



- Keep hands clean



- Cover nose and mouth when sneezing or coughing



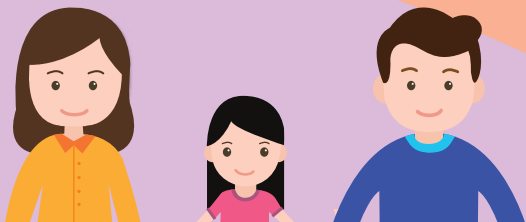
- Wear a surgical mask when having symptoms



- If infected, should stay at home for 7 days from the appearance of rash and avoid contact with pregnant women and women preparing for pregnancy

Are you immune to rubella?

- Persons with history of confirmed rubella infection are immune
- Persons born and attended primary schools in Hong Kong and have not had confirmed rubella infection before:



| Year of Birth | | Generally, immune to rubella | |
|---------------|------------|--|-----|
| Before 1967 | | Uncertain | |
| 1967 to 1984 | Male | Special Measles Vaccination Campaign of the Government in 1997 # OR One-off Free Measles Vaccination Mop-up Programme of the Government in 2019-2020 # | |
| | Joined | Yes | Yes |
| | Not joined | No | No |
| Female | | Yes | |
| 1985 or after | | Yes | |

Measles, mumps, rubella vaccine was used in the Special Measles Vaccination Campaign of the Government in 1997 and the One-off Free Measles Vaccination Mop-up Programme of the Government in 2019-2020.

- Those who have not been vaccinated against rubella, with unknown vaccination history or unknown immunity against rubella should consult doctor for advice

