

## Your child may have been exposed to:

**Rubella**

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

**If you think your child has Rubella:**

- Tell your childcare provider or call the school.
- **Need to stay home?**

**Childcare and School:**

**Yes**, until 7 days after the rash appears.

If a case of rubella occurs in your childcare or 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 objects or surfaces.

**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 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.
- 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.

**FOR MORE INFORMATION**

Kentucky Department for Public Health Frankfort, KY  
 Kentucky Regional Poison Center Louisville, KY  
 Lake Cumberland District Health Department Somerset, KY  
 The Centers for Disease Control and Prevention (CDC) Atlanta, GA

<http://chfs.ky.gov/dph/>  
 EMERGENCY: 1-800-222-1222  
[www.lcdhd.org](http://www.lcdhd.org) (606) 678-4761  
 Toll free: 1-800-311-3435 [www.cdc.gov](http://www.cdc.gov)