



# PUBLIC HEALTH FACT SHEET

## RUBELLA (GERMAN MEASLES)

Dear Parent:

This is to bring to your attention that a case of German Measles has been reported for a student in your child's classroom and to provide you with information about this disease. If your child exhibits any of the symptoms described below, it is recommended that you consult your healthcare provider or the Department of Health in Duval County Epidemiology Program at 904-253-1850.

### **What is Measles?**

- A highly contagious viral illness
- A single case of rubella anywhere in the United States is a reportable outbreak

### **What are the symptoms of Measles?**

- Fever
- Rash that starts on the face and then spreads to the rest of the body
- Swollen glands
- Cold-like symptoms
- Aching joints

### **How is Measles spread?**

- Airborne through coughs or sneezes of an infected person

### **How can Measles be prevented?**

- Follow recommended immunization schedules for the Measles, Mumps and Rubella vaccine
- Frequent and thorough hand washing at all times
- People who are not vaccinated and are exposed to a confirmed case of measles will be excluded from school and or day care settings for the designated period of time

### **Implications for school**

- Exclude students or staff who have been diagnosed with the disease
- Must have a healthcare provider's note to return

Resources:

Centers for Disease Control and Prevention:

[www.cdc.gov](http://www.cdc.gov)

American Academy of Pediatrics:

<https://healthychildren.org/English/health-issues/conditions/abdominal/Pages/FoodPoisoning-and-Food-Contamination.aspx>