

TOPIC: RUBELLA



Rubella (German Measles)

Viral

TYPE:
Single-stranded RNA virus



(Ajempradit)

CAUSE

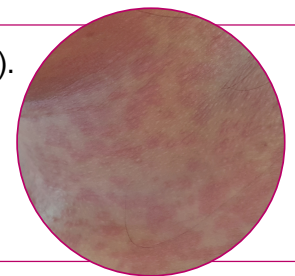
Rubella virus (Rubivirus) → infects upper respiratory tract → spreads systemically.

SPREAD

Spreads via respiratory droplets from coughing, sneezing, talking, etc.
Is infectious *before* symptoms occur, but not as contagious as measles.

SYMPTOMS

- ◆ Light fever, macular _____ of red spots (similar to measles, less severe).
- ◆ **Congenital Rubella Syndrome:** when a fetus contracts rubella.
May cause stillbirth, miscarriage, blindness & many other birth defects.
- ◆ In adults, rubella can cause encephalitis (*rare*, about 1 in 6,000 patients).



DIAGNOSIS

Clinical symptoms (rash & light fever).
Serological tests to confirm presence of IgM antibodies against rubella virus.

TREATMENT

No specific treatment.

IMMUNITY

MMR vaccine or recovering from rubella infection both provide immunity.

References:

Ajempradit, A. (n.d.). [Photograph of Rubella macular rashes]. Shutterstock.

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EXAMPLE

How does rubella differ from measles? Put a cross (X) next to the incorrect answers and a check (✓) next to the correct answers:

Rubella causes a rash primarily on the face, while measles causes a rash on the hands & arms.	_____
Measles is far more contagious than rubella.	_____
Rubella and measles have similar symptoms (e.g. fever, skin rash etc.) but measles is more severe.	_____
Rubella is especially dangerous for a pregnant woman's fetus (CRS); measles is especially dangerous for young children & older adults.	_____
Measles has no specific treatment; rubella is effectively treated with antiviral medications.	_____

PRACTICE

Which of the following statements about rubella is true?

- a) Congenital rubella syndrome is when a pregnant woman contracts rubella and has severe symptoms due to her compromised immune system.
- b) Encephalitis is a possible side effect, though very rare.
- c) There is no specific treatment or vaccine against rubella.
- d) All of the above are true.