RUBELLA

- Rubella is practically eliminated from the U.S.
- Confirm cases early with nasophangeal swabs for PCR

TRANSMISSION

Source:

Human only

Respiratory secretions

Transmission:

- -- Droplet: large droplets
- --<u>Direct contact</u>: with respiratory secretion
- --<u>Fomites</u>: Article freshly soiled with respiratory secretions

Attack rate:

moderate

Incubation
Period

Prodrome (1-5) d rare
Low fever, URTI,
lymphadenopathy

Communicability:

Exclusions:

14 (12-23) days

Eruptive phase 3 days Rash mild, no coalescence 50% Asymptomatic may transmit

Complication: Rare

Arthralgia, arthritis (70% adult

female)

Encephalitis 1/6,000 Hemorrhagic 1/3,000

Congenital Rubella Syndrome (CRS)

Ig M from rash to 1-2 months Ig G Appears 7 days after rash and stays for rest of the life

DIAGNOSIS

--HCW (Rash onset +7)

Clinical Case Definition

Illness characterized by all of the following:

- > Acute onset of generalized maculopapular rash
- \triangleright A temperature \ge 99° F (37.2° C)
- >Arthralgia, arthritis, lymphadenopathy or conjunctivitis

Laboratory Criteria for Diagnosis

--7 day to + 7 days after rash appear

CRS shed viruses for months → 1 year

--Children in school (Rash onset + 7)

--HCW Exposed (Exp + 7 to +21)

- Virus isolation from clinical specimen (Nasal, throat, blood, urine, CSF)
- Serum positive for Ig M OR
- Rising Ig G in paired acute and convalescent serum specimen OR

<u>False positive:</u> Parvovirus I

Inf Mono Rheum Factor+

Suspect: Any generalized rash illness with acute onset

<u>Confirmed</u>: Meets laboratory criteria OR Meets clinical case definition AND epidemiologically linked to a confirmed case.

Probable: Meets clinical case definition AND does not meet Laboratory criteria or not epidemiologically linked to a confirmed case.

TREATMENT, PROPHYLAXIS

Treatment: Supportive

Prophylaxis of the exposed:
---Vaccination after exposure may NOT

Routine Childhood Vaccine (MMR)

Two doses of live attenuated vaccine

(at least 1month apart)

Recommended age:

- ---1st dose at 12-15 months
- ---2nd dose at 4 -6 years

Droplet Precautions

CONTROL

Report case immediately to OPH

- -- Report to OPH within 24 hours.
- --Children should be kept out of school for 7 days after rash appears
- --Strict segregation of children if rubella occurs in an institution
- --Immunization of contacts (routine, NOT preventive)
- --Institutional outbreak: -vaccine or immunoglobulin to new admissions
- --Healthcare facility: -professionals in contact with the patients (particularly pregnant women) should be immunized.

--Live vaccine in 72 hr

-Immunoglobulin 0.55mL/kg

- --Children < 1-year age
- --Pregnant women
- --Immunocompromised person