



19 November 2010

Dear Parent/Caregiver

The school has been informed by a parent that their child possibly has Rubella.

This has yet to be confirmed but I have included on the reverse side information about Rubella, it includes the symptoms and the incubation period.

Rubella has an exclusion period of at least 4 days after the rash appears.

As this disease affects unborn babies you are advised to let any pregnant friends or family who may have been exposed to consult with their doctor.

The information provided comes from the Australian Government National Health and Medical Research Council. For more information go to

<http://www.nhmrc.gov.au/publications/synopses/ch43syn.htm>

Yours in Education

Jo Clews
Principal



Rubella

(german measles)

DESCRIPTION

Rubella is a mild viral disease. The onset of rubella is rather like a mild cold, with a slight fever, sore throat and enlarged lymph glands in the neck. The characteristic rash appears 2-3 days later. It begins on the face and spreads to the trunk. The spots are at first pale pink in colour and soon merge to form patches. The rash lasts only a few days and then disappears. During this time the child remains mildly unwell with swollen glands in the neck and back of the head.

Rubella is spread through airborne droplets or direct contact with the nose or throat secretions of infected persons.

Rubella usually causes only mild illness in children. However, infants born to mothers who had rubella during the first 20 weeks of pregnancy may have severe birth defects. The risk is highest in early pregnancy.

INCUBATION PERIOD

14-21 days, usually 14 - 17 days.¹⁰²

INFECTIOUS PERIOD

Up to 7 days before and at least 4 days after appearance of the rash.

EXCLUSION PERIOD

Exclude for at least 4 days after the appearance of the rash and until the child feels well.

RESPONSIBILITIES OF CHILD CARE PROVIDERS/STAFF

Report the infection to the director.

Refer anyone with suspected rubella to a doctor.

All staff members should be aware of their immune status and if not immune, they should be immunised.

If pregnant staff members are concerned, refer them to their doctor. Immunisation during pregnancy should be avoided.¹⁰³ Although immunisation for rubella during pregnancy is not recommended, the inadvertent administration of the vaccine during early pregnancy is not cause for undue concern.

RESPONSIBILITIES OF PARENTS

Observe the exclusion period.

Advise any pregnant friends or family who may have been exposed to consult with their doctor.

CONTROLLING THE SPREAD OF INFECTION

The affected child should remain away from the centre for at least 4 days after onset of the rash and until fully recovered.

Children should be immunised twice against rubella, at 12 months of age and again at 4 years of age. The rubella vaccine is part of the MMR (measles-mumps-rubella) immunisation.

Anyone who works with children should be immunised or be certain that they have had a blood test which demonstrates that they are immune to rubella. If there is a confirmed outbreak of rubella, non-immune pregnant women should be excluded for 17 days after identification of the last case.

TREATMENT

Nil.