

Rubella

August 19, 2025 • vajiramandravi.com



Rubella Latest News

The World Health Organization recently announced Nepal has eliminated rubella as a public health problem.

About Rubella

- It is a highly **contagious viral infection** best known by its **distinctive red rash**.
- It's also called **German measles or three-day measles**.
- Rubella **isn't the same as measles**, but the two illnesses **share some signs** and symptoms, **such as the red rash**.
- **Rubella is caused by a different virus than measles**, and rubella **isn't as infectious or as severe as measles**.
- Rubella is **caused by the Rubella virus**, an enveloped, single-stranded RNA virus, different from the measles virus.

Rubella Transmission

- The Rubella virus spreads from **person to person** when you **cough, sneeze, or touch surfaces with the virus** on them.
- It can also spread from a **pregnant woman to the fetus**.
- You **can be contagious** with rubella **without symptoms**.

Rubella Symptoms

- This infection may cause mild or **no symptoms in most people**.
- The **main symptom** of rubella is a **spotty rash** that starts on the face or behind the ears and spreads to the neck and body.
- The rash takes 2 to 3 weeks to appear after getting rubella.
- Rubella can cause **serious problems for unborn babies whose mothers become infected during pregnancy**.
- **When a woman is infected with the rubella virus early in pregnancy**, she has a **90% chance of passing the virus** on to her fetus.
- This **can cause the death of the fetus**, or it **may cause Congenital Rubella Syndrome (CRS)**. Infants with CRS may excrete the virus for a year or more.
- **Children with CRS** can suffer **hearing impairments, eye and heart defects**, and other lifelong disabilities, including **autism, diabetes mellitus**, and thyroid dysfunction.

Rubella Prevention

- The **measles-mumps-rubella (MMR) vaccine** is safe and highly effective in preventing rubella.
- The vaccine **provides lifelong protection** against rubella.

Rubella Treatment

- There are **currently no medications** available to treat rubella.
- **Mild symptoms** can be managed with **bed rest and medicines for fever**.

Source: [WHO](#)

Source: <https://vajiramandravi.com/current-affairs/rubella/>

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