

Rubella (German Measles)

Protecting Your Child: What Every Parent Should Know

It is extremely dangerous for **pregnant people** and can lead to **miscarriage, stillbirth, or Congenital Rubella Syndrome** (deafness, blindness, heart defects) in babies.



The Vaccine

- Approved in the U.S. in **1969**
- Became part of the MMR combination vaccine in **1971**

How it works:

- Contains a weakened virus to teach the body to recognize and fight rubella without getting sick.

Dosage:

- 2 doses
 - First dose at 12-15 months
 - Second dose at 4-6 years
- Mild side effects: low fever and mild rash may occur, especially in older children or teens



Vaccination has made Congenital Rubella Syndrome almost unheard of in the U.S.

What is Rubella (German Measles)?



A mild viral illness in children that causes **rash, fever, and swollen glands in the back of the neck.**

Rubella is spread when a sick person coughs or sneezes. Since people have been vaccinated for Rubella, the occurrence in the U.S. has decreased by 99% and only occurs when people travel overseas and bring it back to the U.S.

Who's most vulnerable? Unvaccinated children and **pregnant people and their unborn babies.**

Is the Vaccine Safe? Yes.

- Rubella vaccine has been **safely used for over 50 years.**
- Routinely recommended by pediatricians and OB-GYNs to protect babies.
- **No link** to chronic illness or developmental concerns.

Support & Guidance

Pregnant or planning to be? **Talk with your doctor** about your immunity status.

Trusted resource: [AAP HealthyChildren.org](http://AAP.HealthyChildren.org)

Alternatives?

- "Natural infection" is not safe. Rubella during pregnancy **can cause life-long disability** in children.
- Once a person gets sick from rubella, the illness must run its course. Antibiotics are not effective because this is a virus.
- **Vaccination is the only safe and reliable protection.**



Vaccinating is a safe, proven step that protects your child now and into adulthood. We're here to answer your questions, support your decisions, and celebrate the protection you give your family.

