

Rubella

Agent: Rubella virus

Mode of Transmission: Person-to-person through contact with nose and throat secretions from infected people. It may also be transmitted from mother to child during pregnancy, causing congenital rubella syndrome in the infant.

Signs/Symptoms: Fever and rash, with frequent occurrences of arthralgia, arthritis, and lymphadenopathy.

Prevention: Vaccination, preferably administered as MMR vaccine, beginning at 12 months of age.

Other Important Information: Since 2001 approximately half of the reported cases of rubella in the U.S. have occurred among persons born outside of the country, most of whom were born outside of the Western Hemisphere. In 2004, a panel convened by the Centers for Disease Control and Prevention concluded that sustained transmission of rubella has been interrupted and rubella is no longer endemic in the U.S.

No cases of rubella were reported in Virginia during 2008. The last Virginia case was reported in 1998.