



MEASLES VS. RUBELLA



COMMON NAMES

Measles and rubella might be called by different names.

- **Measles:** five-day measles, rubeola, hard measles, seven-day, eight-day, nine-day, or ten-day measles.
- **Rubella:** three-day measles, German measles.

CAUSE

Both are viral infections caused by different viruses.



Measles is caused by the **measles virus**.



Rubella is caused by the **rubella virus**.

Both viruses are highly contagious and can spread easily through the air.



Spread through tiny droplets from a cough or sneeze.



Spread through touching the same surface or breathing the same air as the person who is sick.

SYMPTOMS AND COMPLICATIONS

Measles and rubella both cause a fever and rash.



Measles causes high fever, cough, runny nose, and red, watery eyes, followed by a rash that spreads from the face down the body.



Babies, young children, pregnant women, and those with weakened immune systems are most at risk of **measles complications**.



Rubella causes rash, mild fever, sore throat, headache, and can cause joint pain.



If a pregnant woman becomes sick with **rubella**, she could have a **miscarriage** or the baby could be born with serious, permanent **birth defects**.

TREATMENT

The **only** treatment is supportive care to manage the symptoms. This may include rest, fever-reducing medication, and fluids.



Measles: Vitamin A administration under the supervision of a healthcare provider due to the potential for toxicity in high levels.



Rubella: Potentially other supportive care recommendations by your healthcare provider based on the individual.

PREVENTION

- The **MMR vaccine** is highly effective at preventing both rubella and measles.
- If you have already been exposed to someone with measles, MMR vaccine can prevent or reduce the severity of illness if given within **3 days**.
- Children **6 months – 11 months** who live in an area with a measles outbreak or will be traveling to an outbreak area should receive one dose of MMR vaccine. They will still need **2 doses** after their **1st** birthday.
- The MMR vaccine is **not** recommended for women who are pregnant.
- If you do not know your vaccination status, you can request it here: vdh.virginia.gov/immunization/request-immunization-record/ or speak with your **healthcare provider**.

