**German measles**

German measles (rubella) is caused by a highly contagious virus which is rubella virus.

Incubation period:134-23 days.

Infectivity period: A patient is contagious in the week before the rash outbreak until two weeks after the rash clears.

Mode of transmission:

The virus is spread when inhaling or touch secretions from an infected person. The virus may be passed through the bloodstream from a pregnant woman to her fetus.

Who Is at Risk?

Most cases occur in immigrants born in countries where German measles is more common. , infants and young toddlers who have not received the vaccine are at greater risk of contracting German measles. Since the rubella vaccine is given between 12 and 15 months of age

Because German measles threatens fetuses, many women who become pregnant are given a blood test to confirm immunity.

Sign and symptoms:

* mild fever
* runny or stuffy nose
* headache
* muscle pain
* inflamed or red eyes (may develop into conjunctivitis)
* swollen lymph nodes
* a pink rash that starts on the face and spreads downward

Complications include

* ear infections
* brain swelling
* prolonged headache
* earache
* stiff neck

What Is Congenital Rubella Syndrome?

If a woman contracts German measles during pregnancy, it can pass to her fetus through her bloodstream. This is called congenital rubella syndrome. Some affected fetuses miscarry or are stillborn. Fetuses that are carried to term may suffer from birth defects, which can include:

* delayed growth
* learning disabilities
* heart defects
* deafness
* poorly functioning organs

Women of childbearing age should have their immunity tested before becoming pregnant.

Prevention

For most patients, vaccination is a safe and effective way to prevent German measles (rubella).. MMR vaccine