



## **Rubella (*German Measles*)**

Date:

Dear Parent/Guardian:

A student in your child's classroom has been reported as having Rubella. There is a possibility that your child may contract this disease. Rubella is a contagious viral illness. This is usually a mild disease in children and one episode gives life-long immunity. There is also an immunization against this disease. Two doses of the Measles, Mumps and Rubella (MMR) vaccine are required for school enrollment. For pupils who are properly immunized, the risk of contracting Rubella is small.

This illness, if contracted early in pregnancy, may result in abortion, stillbirth, or serious congenital defects in the infant.

Rubella ordinarily develops within 14-23 days after exposure. It begins with a mild fever, a rash of variable appearance, symptoms of a head cold, and enlargement of the glands in the back of the neck, especially behind the ears.

Should any of the above symptoms appear, call and consult with your physician. In order to guard the health of your child and others, keep your child home for 4 days after the appearance of the rash. Report the illness to the principal.

Your child may return to school when your physician provides a written clearance which states your child is well and can attend school.

Thank you for your cooperation in this matter.

### Child Development Preschool Nurses

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