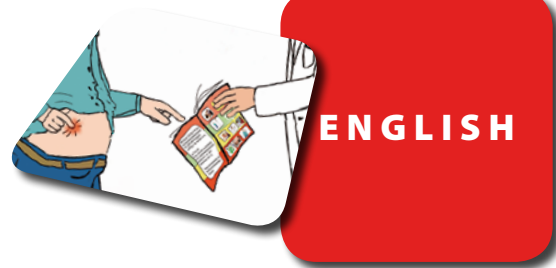


# tip doc

## GERMAN MEASLES (RUBELLA) RÖTELN

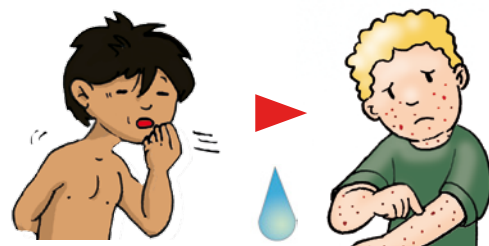


**1. Appearance:** Small bright red spots spread over the entire body for 1-3 days. The lymph nodes on the neck and behind the ears swell. After 1 week, cold and fever are usually over. Only about half of the infected develop signs of the disease.



**Complications:** In adults, the disease can be severe. It can come to joint inflammation. Rarely to brain or heart muscle inflammations. In pregnant women, the unborn child may be harmed.

**2. Risk of infection:** German measles are virulent. It is transmitted by droplets or secretion when speaking, coughing or sneezing. It is contagious 1 week before and 1 week after the onset of the rash.



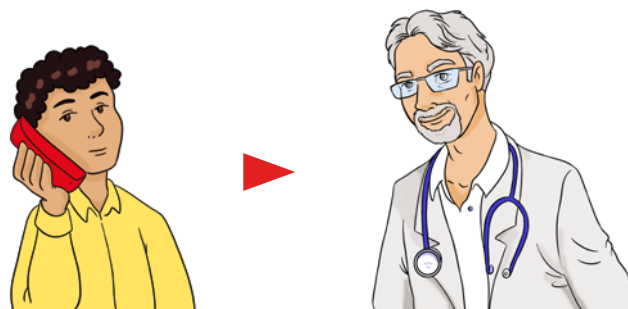
**3. Protection:** You can protect yourself and others by having the injection.



4. This disease is notifiable. Your doctor will take care of this for you.

### 5. Measures:

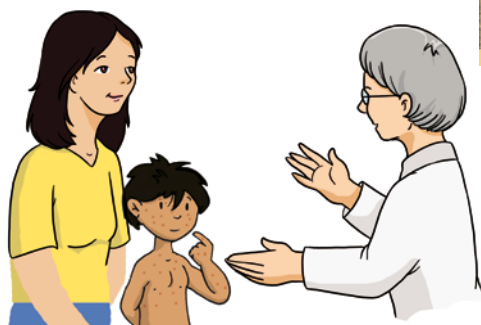
First phone your paediatrician.



Take your child's vaccination record with you.



Follow the doctor's instructions.

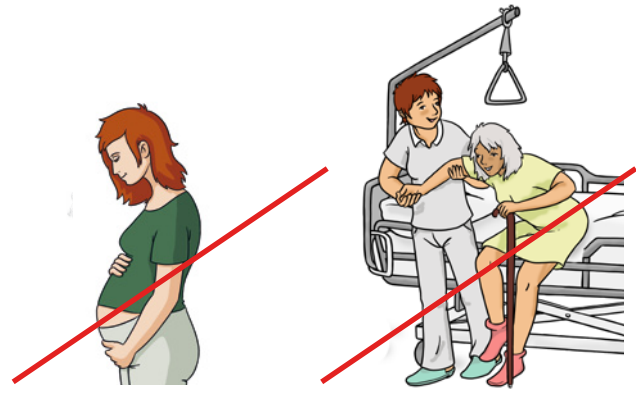


# tip doc

## GERMAN MEASLES (RUBELLA) RÖTELN

### 6. These recommendations may be:

- Make sure you avoid contact with pregnant women.
- Make sure you avoid personal contact with people who have not had the injection, who are unprotected or have a weak immune system.



- Confined to bed
- Give your child plenty to drink.



- Please inform the nursery/daycare centre/crèche or school about your child's illness. Say which disease the child has if it is infectious or notifiable so the staff can protect the other children if need be.



- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.

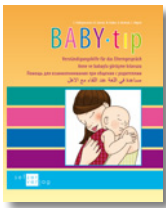


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