

# Lightning Learning: Rubella



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# #EM3

East Midlands Emergency Medicine Educational Media

## STOP!

Fortunately, the rates of Rubella in the UK have remained low with only 3 cases in 2018.<sup>1</sup>

In 2018 the World Health Organisation (WHO) reported 14,612 cases in total – worldwide. **Currently, up until June 2019 there have been 27,040 cases, nearly 50% more than the whole of 2018.**<sup>2</sup>

Rubella protection is part of the MMR vaccine. Children in the UK have MMR vaccines at 12 months **and** 3 years 4 months.<sup>3</sup>

1st MMR vaccine is 97% effective at preventing Rubella. Whilst completing the course of 2 increases this to 99%.<sup>4</sup>

**The incubation period is 14-18 days** (range 12-23 days). Rubella is transmitted by inhalation of large particle aerosols.<sup>5</sup>

## LOOK

### SYMPTOMS<sup>5</sup>

Maculopapular rash and minimal systemic symptoms. Exanthems are pinpoint, pink maculopapules.

Appearing on the face first, then spreading caudally to trunk and extremities. **Becomes generalised over 24 hours and lasts about 3 days.**

Arthritis and arthralgias can occur concurrently and may persist for up to a month.

### COMPLICATIONS<sup>5</sup>

1. Post-infectious encephalitis in 1/6000 cases. This is more common in teenagers & adults. Usually 1 week following exanthem.
2. Progressive rubella panencephalitis (*Rare*)
3. Congenital Rubella syndrome in the foetus in the pregnant patient.

**Treatment:** supportive.

## LEARN

### This is a Notifiable Disease!

1. **Confirmed cases of measles, mumps and rubella in England and Wales** (GOV.UK) <http://bit.ly/2Y8zE54>
2. **Measles and Rubella Surveillance Data** (WHO) <http://bit.ly/32AOTTy>
3. **Routine immunisation schedule** (GOV.UK) <https://bit.ly/1qNErSe>
4. **Measles, Mumps, and Rubella (MMR) Vaccination: What Everyone Should Know** (CDC) <http://bit.ly/2SpYJTF>
5. **Rubella** (UpToDate) <http://bit.ly/2K6YhpE>

