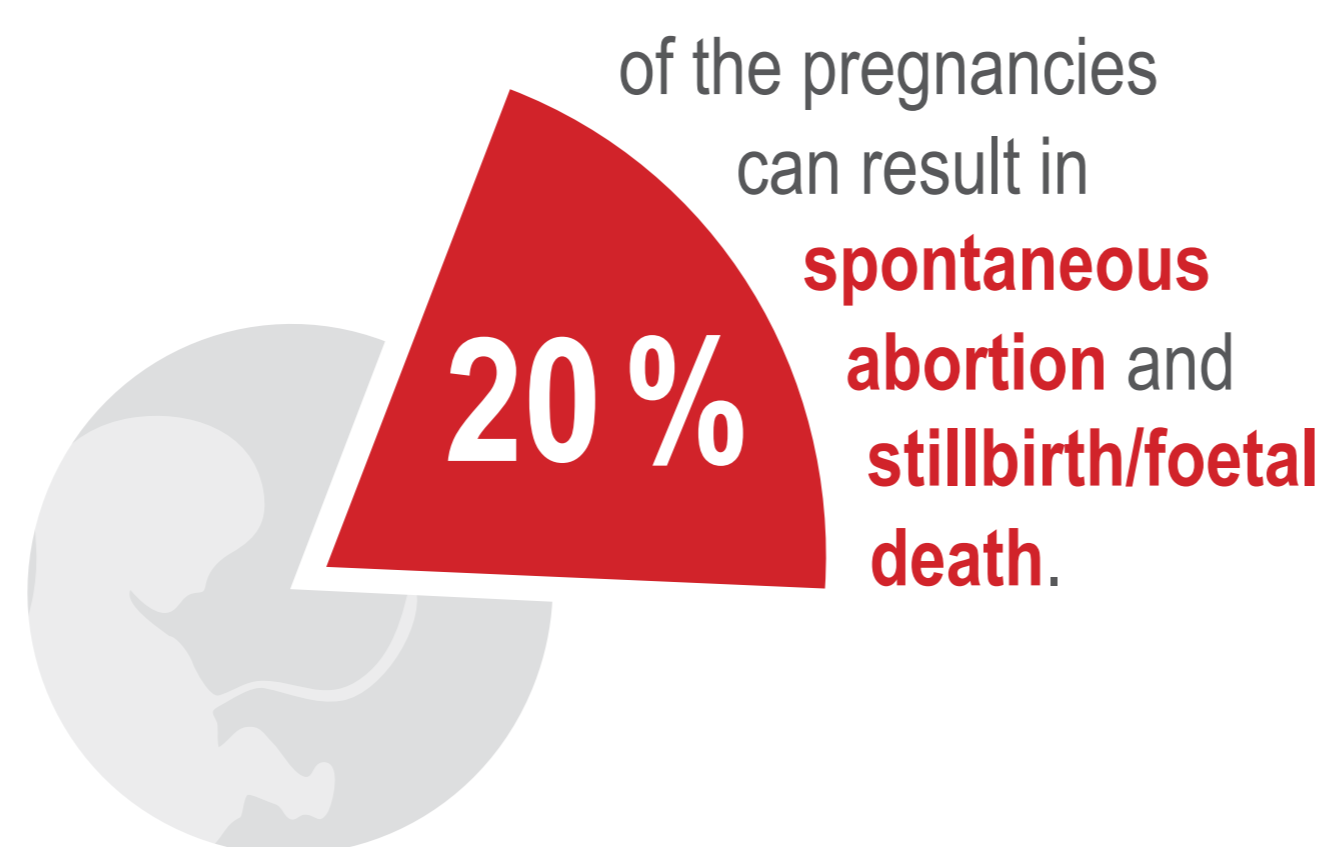
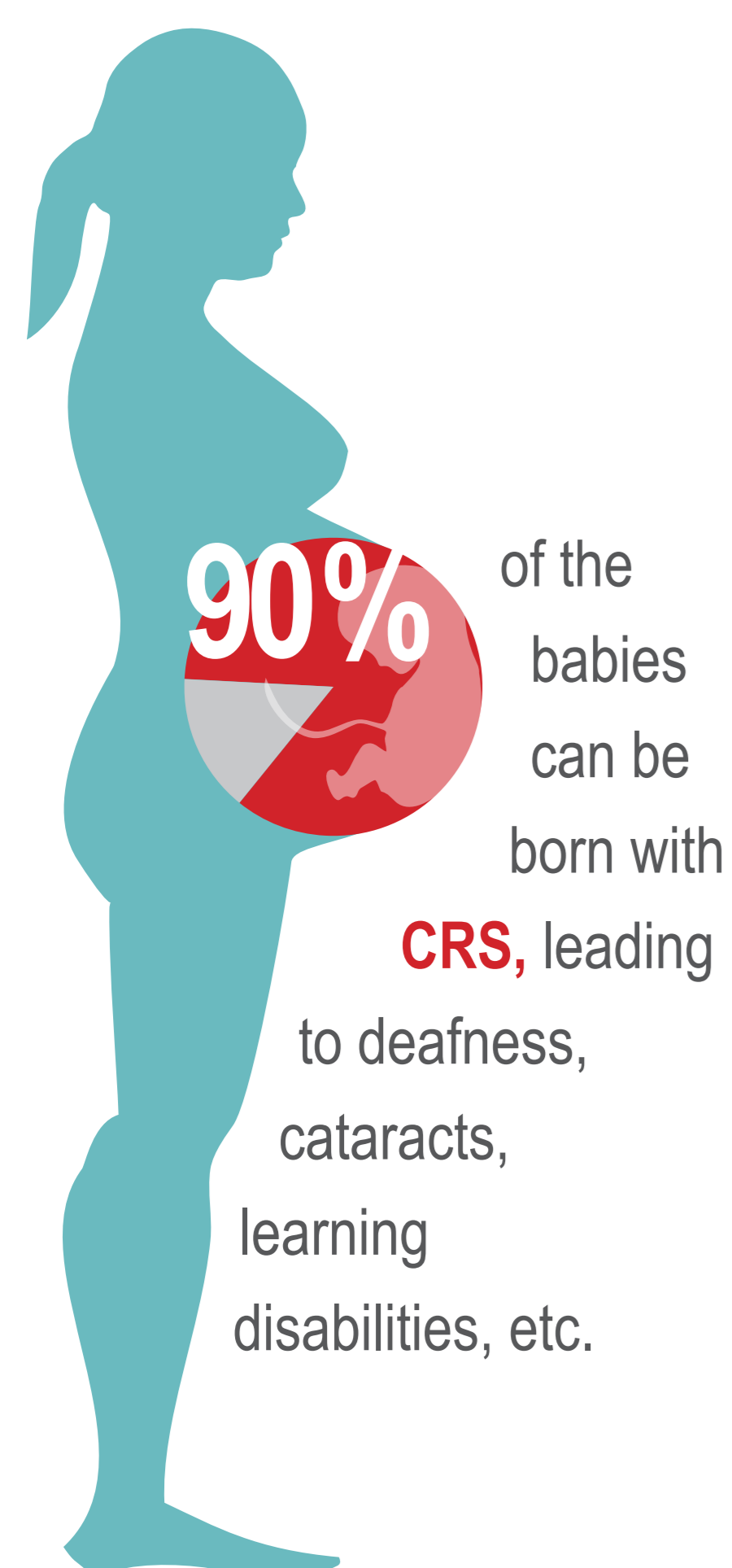


# Protect unborn babies from rubella

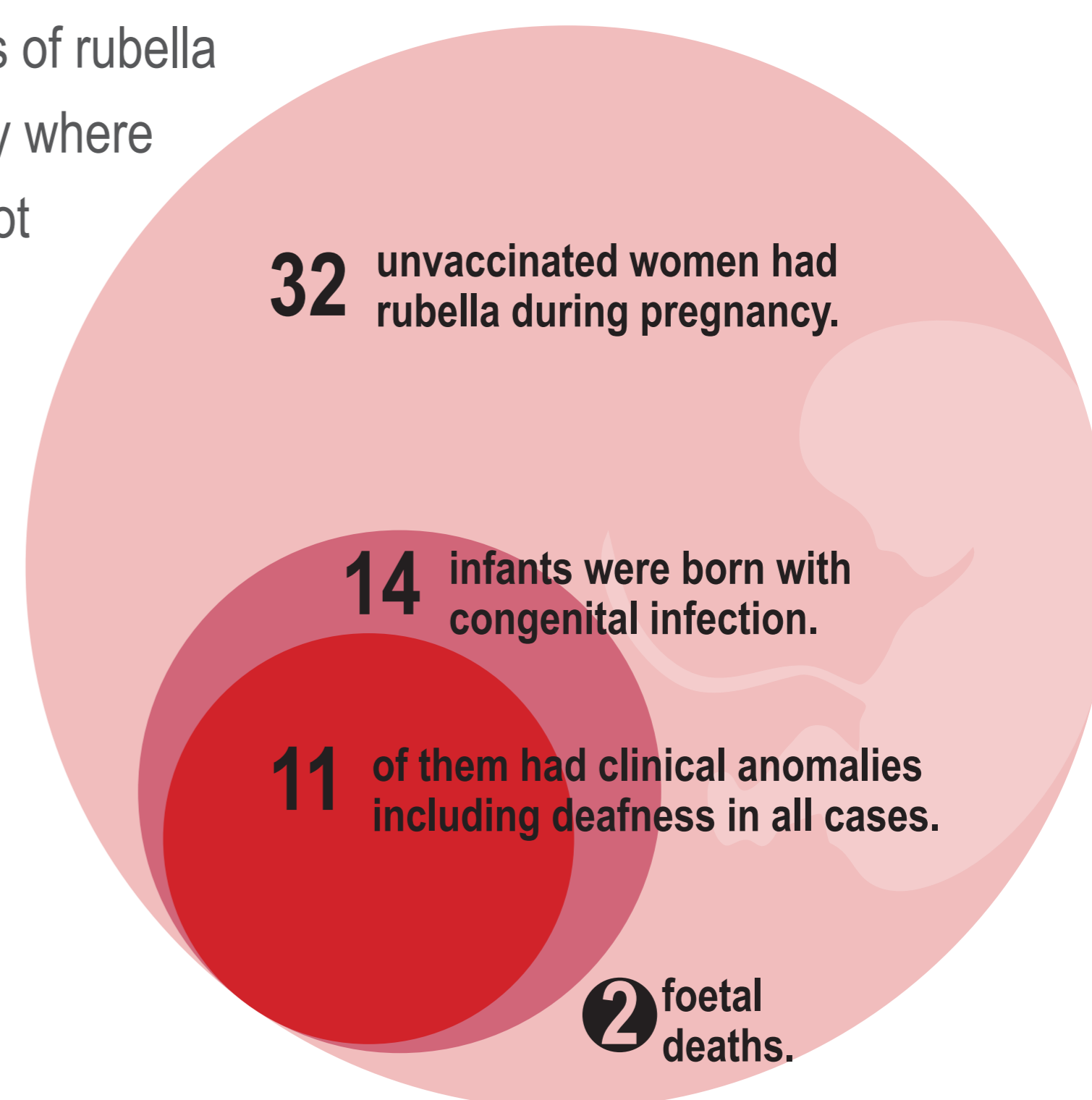
Rubella is a viral infection transmitted from person to person by droplets via coughs and sneezes. Typical symptoms include a red rash and swollen lymph glands around the ears and the back of the head and – occasionally in adults – pain and inflammation of the joints. Up to 50% of individuals infected with rubella may not show symptoms.

In healthy individuals it is usually a mild disease. **However, if a woman gets rubella shortly before getting pregnant or during the first three months of pregnancy, it is very likely to result in miscarriage or congenital anomalies known as congenital rubella syndrome (CRS).**

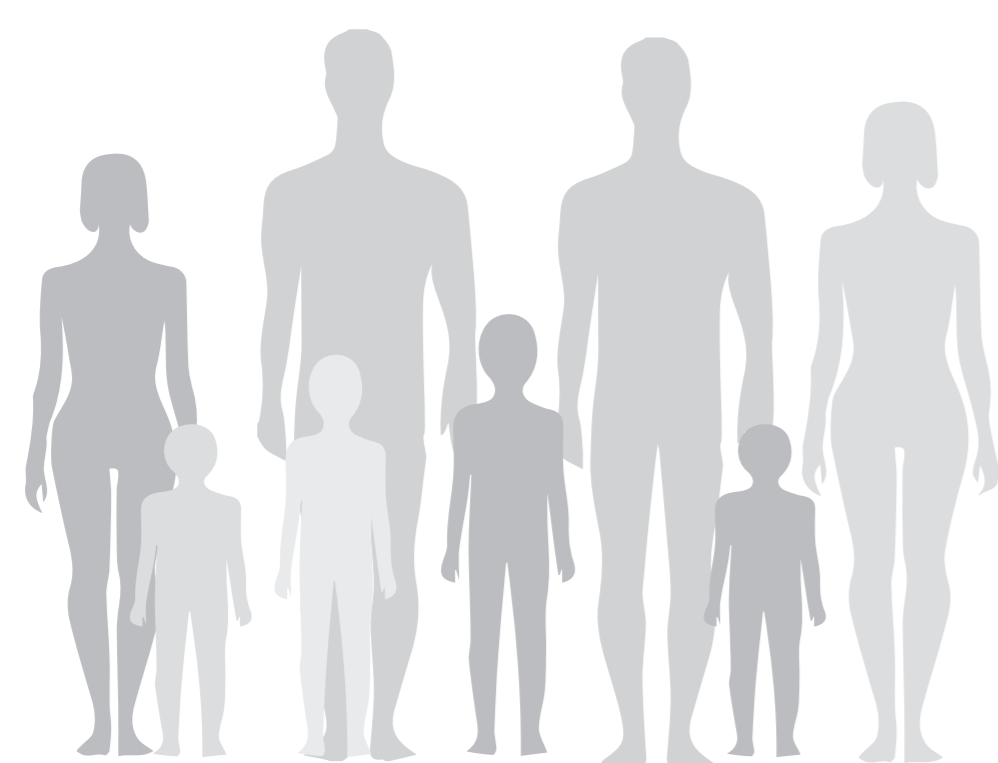
## Rubella and pregnancy



Consequences of rubella in a community where people were not vaccinated (example from the Netherlands in 2004/2005).

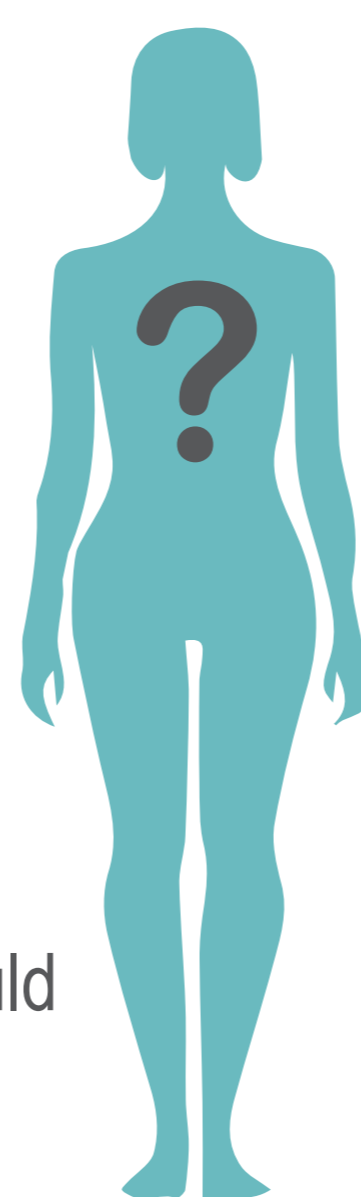


## Vaccination is the best protection



To prevent rubella outbreaks and CRS **everyone should be vaccinated.**

Women of child-bearing age should **check if they are vaccinated.** Pregnant women should be screened for rubella.



Vaccination well before getting pregnant protects from rubella and CRS. A woman should avoid getting pregnant for four weeks following vaccination.



The MMR vaccine protects against measles, mumps and rubella and is part of the childhood immunisation schedule.

