



Are you protected against Rubella?

Rubella is a usually mild viral infection. However, if Rubella is contracted during the early weeks of gestation, it can be devastating for your future infant. Make sure you are immune from Rubella infection prior to getting pregnant and, if necessary, get vaccinated against it.

Rubella

Rubella is a mild viral infection that usually occurs in childhood. Mild fever, red, blotchy rash (see photo) swollen lymph nodes are some of the most common symptoms of rubella in children. Adults may, in addition, suffer from joints pain.



Nonetheless, if the mother is infected within the first 20 weeks of pregnancy, the baby may be born with congenital rubella syndrome, which include severe consequences such as deafness, blindness, heart problems, and mental retardation.

Getting vaccinated against Rubella

In 1972 Italy has introduced vaccination against rubella for girls before puberty, but since the 90s the program has been extended to all kids. At present, it is recommended along with a vaccine against measles and mumps (MMR vaccination program) for babies between 13 and 15 months of age, to be repeated in 5 to 6-year-old kids, and teenagers between 11 and 18.

Are you protected against Rubella?

If you don't have a record of your immunization, check it with your doctor. In lack of evidence, do not trust your memory. Make a blood test to verify if you are immune. Don't wait to be planning a pregnancy; you can do it right away.



What if you get vaccinated when you are not aware of being pregnant?

Years ago it was recommended to wait up to three months after vaccination, before planning a pregnancy. Presently this term has been reduced to one month, although according to recent observation of thousands women who have been vaccinated against rubella during early gestation, no harm to the unborn child has been detected.