German Measles (Rubella)

What German measles is
German measles used to cause a lot of hearing loss. But since a vaccine was made, hearing loss caused by German measles is not as common. German measles can cause:

- A red rash
- A low fever (102 F or lower)
- A headache
- A runny nose
- Bloodshot eyes

How you can get German measles

- Through the air
- By being in close contact

How German measles can harm your baby
If your baby is born with German measles, he could have:

- Deafness
- Blindness
- Cataracts
- Heart problems
- Learning disabilities (http://www.raisingdeafkids.org/information/deafplus/ld.jsp)
How you can protect yourself and your baby against German Measles

- **Get a measles shot.**
  Young children usually get this shot.
  The shot is called an MMR vaccine. MMR stands for measles, mumps, and rubella (another name for German Measles).

- **Get tested to see if you’re immune against German measles.**
  Even after getting the MMR shot, there’s still a chance you could get German measles. But if you’re immune, you won’t get it.

- **If you’re pregnant, ask the doctor to do the test as soon as possible.**
  - If the test shows you’re not immune, stay away from people with German measles (at least while you’re pregnant).
  - Don’t get the MMR vaccine while you’re pregnant. This could harm your baby.

If you have German measles during the first 13 weeks of your pregnancy, there’s a higher risk that you’ll give it to your baby. But if you have it after your 16th week of pregnancy, your chances of passing it to your baby are very low.