

Risks, Precautions, and Management of Rubella

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Description

Rubella, also known as German measles, is a viral infection caused by the rubella virus which belongs to the *Togaviridae* family. It is a mild, self-limiting illness in most cases, but it can cause severe complications in pregnant women, leading to fetal death or Congenital Rubella Syndrome (CRS). The virus is spread through respiratory droplets when an infected person talks, coughs, or sneezes. The virus can also be transmitted through contact with an infected person's urine, blood, or saliva. The virus can survive on surfaces for several hours, making it highly contagious. Once a person is infected, the virus multiplies in the bloodstream and spreads to various parts of the body, including the lymph nodes, skin, and respiratory tract. The symptoms of rubella typically appear after an incubation period of 14 to 21 days after exposure to the virus. The symptoms are usually mild and may include fever, headache, runny nose, sore throat, and a rash that starts on the face and spreads to the rest of the body. The rash is usually pink or light red and can last for up to three days. Other symptoms may include swollen lymph nodes, joint pain, and conjunctivitis. In some cases, rubella can cause complications such as encephalitis (inflammation of the brain), thrombocytopenic purpura (a bleeding disorder), and arthritis.

The diagnosis of rubella is usually based on the patient's symptoms and a physical examination. The doctor may also suggest blood tests to confirm the presence of rubella antibodies in the patient's bloodstream. These antibodies are produced by the immune system in response to the rubella virus. In some cases, the doctor may perform a throat swab or a urine test to detect the virus directly. There is no specific treatment

for rubella, as the virus usually goes away on its own within a week or two. Treatment usually focuses on relieving the patient's symptoms, such as fever and joint pain. The patient should rest, drink plenty of fluids, and avoid contact with others to prevent the spread of the virus. In rare cases, hospitalization may be necessary, especially if the patient develops complications such as encephalitis.

The first and most effective method of preventing rubella is vaccination. The rubella vaccine is usually given as part of the MMR (Measles, Mumps, Rubella). The rubella vaccine is a safe and highly effective way to prevent the disease, and it is recommended that all children receive two doses of the vaccine, typically at the ages of 12-15 months and 4-6 years. The vaccine can also be given to adults who have not been vaccinated or have not had the disease. In addition to vaccination, good hygiene practices can also help prevent the spread of rubella. This includes washing hands frequently with soap and water, especially after being in contact with someone who is sick. People who are sick with rubella should also be encouraged to stay home and avoid contact with others to prevent the spread of the virus.

It is important to get a proper diagnosis from a healthcare professional. Pregnant women have serious complications for them and also for the baby, including miscarriage, stillbirth, and birth defects. Pregnant women who are not immune to rubella should avoid contact with anyone who has the virus and should consider getting vaccinated after giving birth. Finally, it is important to be aware of the symptoms of rubella and to seek medical attention if a person suspected or someone has already infected with this disease.