

## What is rubella?

Rubella is a highly contagious viral infection caused by the rubella virus. It is typically mild in adults and children, but it is most serious in anyone who is pregnant, due to the possibility of miscarriage and the risk of congenital rubella syndrome.

## How does rubella infection happen?

The rubella virus enters the body through the mouth and nose. Rubella is typically spread through close contact with others (e.g., coughing or sneezing next to someone, or sharing personal items such as drinks), or through coming into direct contact with an infected person's mucus or spit and then getting these fluids in your nose or mouth. Anyone who is pregnant and who catches rubella can also pass the virus to their unborn baby.

## Immunization is recommended for everyone.

Rubella immunization is part of the routine childhood immunization schedule in Canada. The MMR vaccine protects against measles, mumps, and rubella; the MMRV vaccine protects against measles, mumps, rubella, and varicella (chickenpox).

## Rubella immunization is safe and effective.

Publicly-funded MMR immunization schedules may vary between provinces and territories.



**Talk to your doctor, nurse, pharmacist, or local public health office about getting yourself or your child immunized against rubella.**