







**RUBELLA** is a viral infection caused by the rubella virus. It is a common childhood disease, often called German measles. The virus is spread through respiratory droplets, such as when an infected person coughs or sneezes. The incubation period is typically 14 to 21 days. Symptoms include a low-grade fever, sore throat, and a characteristic skin rash that starts on the face and spreads to the rest of the body. In most cases, the disease is mild and resolves within a few weeks. However, it can cause complications, particularly in pregnant women. Rubella infection during pregnancy can lead to congenital rubella syndrome (CRS) in the fetus, which can cause serious health problems, including deafness, heart defects, and intellectual disability. Therefore, it is important for pregnant women to be tested for rubella and to ensure they are vaccinated before becoming pregnant. The rubella vaccine is a live-attenuated virus vaccine that is typically given as part of a combined measles, mumps, and rubella (MMR) vaccine. It is highly effective in preventing the disease and its complications.