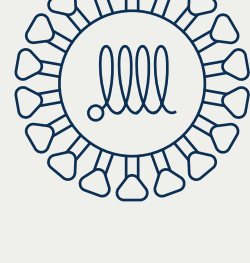
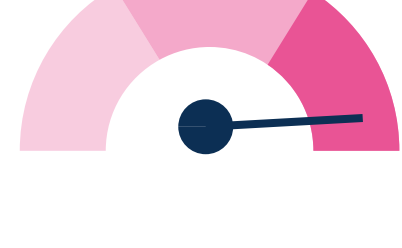


Getting Rubella vs. Getting Vaccinated



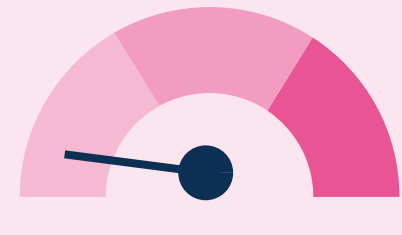
We all want to make the best health choices for our children. So how risky is rubella compared to the vaccines that prevent rubella?

RUBELLA FAST FACTS



HOW CONTAGIOUS?

Very contagious. 1 person with rubella can infect 6–7 out of every 10 non-immune people they come into contact with. Half of people with rubella will have no symptoms but can still pass the disease to others.^{1,2}



HOW SERIOUS?

Typically mild.
But more serious complications can include:

Arthritis: 7 in 10 teenage and adult women^{3,4}

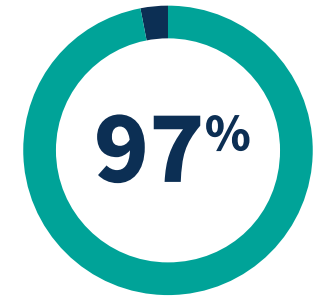
Miscarriage and stillbirth: Having rubella while pregnant increases the risk for miscarriage and stillbirth.^{3,4}

Death: 1 in 3 children born with congenital rubella syndrome (CRS) will die before their first birthday.⁵



About 85% of babies whose mothers are infected during the first trimester of pregnancy are born with CRS. CRS causes serious and permanent birth defects like blindness, deafness, heart defects, and intellectual disabilities.^{5,6} Before the vaccine, nearly 20,000 babies were born every year with CRS.^{6,7}

VACCINE FAST FACTS



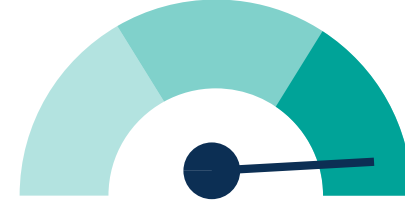
HOW EFFECTIVE?

The MMR vaccine is 97% effective at preventing rubella.^{8,9}



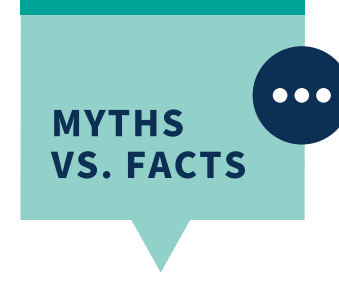
SAFETY RECORDS

Rubella vaccines were first given in 1969. The MMR vaccine was introduced in 1971 and MMRV vaccines have been licensed since 2005.^{9,11}



HOW SAFE?

All the research shows the vaccines are safe, and millions of children have safely gotten a vaccine.^{10,11,12}



MYTH BUSTER

Does the MMR vaccine cause autism? No. Years of research that included more than half a million children found that there is NO link between the MMR vaccine and autism. Learn more at [cdc.gov/vaccine-safety/about/autism.html](https://www.cdc.gov/vaccine-safety/about/autism.html).^{13,14,15}



Five separate safety systems continuously monitor all vaccines for as long as the vaccines are given.¹⁶

Learn more at [hhs.gov/immunization/basics/safety/index.html](https://www.hhs.gov/immunization/basics/safety/index.html).

COMPARING THE TWO

RUBELLA	VACCINES TO PREVENT RUBELLA
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Common Mild to Moderate Symptoms and Common Side Effects^{3,6,9,12,15,17}

Common symptoms of rubella last about 3–10 days and can include:

- Swollen glands
- Red rash that spreads from the face
- Feeling uncomfortable
- Fever
- Headache
- Cough
- Runny nose
- Pink eye

Common side effects of vaccines to prevent rubella are usually mild and last 1–2 days. If side effects occur, they can include:

- Soreness
- Fever
- Mild, non-contagious rash
- Swollen glands in the cheeks or neck

Rare, More Serious Symptoms or Complications and Rare Side Effects^{3,6,9,12,15,17,18}

Serious symptoms or complications of rubella vary and can include:

- Arthritis (infection in the joints)
- Bleeding problems
- Brain infections

Serious side effects of vaccines to prevent rubella vary and can include:

- Seizures caused by fever
- Temporary blood clotting disorder (low platelet count)
- Temporary pain or stiffness in the joints

Sources:

- Children's Hospital of Philadelphia: <https://media.chop.edu/data/files/pdfs/mmr-infographic.pdf>
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/rubella/about>
- March of Dimes: <https://www.marchofdimes.org/find-support/topics/pregnancy/rubella-and-pregnancy>
- CDC: <https://www.cdc.gov/rubella/hcp/clinical-overview>
- CDC: <https://www.cdc.gov/global-rubella-vaccination/data-research/facts-stats/index.html>
- Children's Hospital of Philadelphia: <https://www.chop.edu/vaccine-education-center/vaccine-details/measles-mumps-and-rubella-vaccines>
- CDC: <https://www.cdc.gov/rubella/vaccine-impact>
- CDC: <https://www.cdc.gov/vaccines/vpd/mmr/public/index.html>
- Immunize.org: <https://www.immunize.org/wp-content/uploads/catg.d/p4218.pdf>
- CDC: <https://www.cdc.gov/vaccines/vpd/mmr/hcp/index.html>
- CDC: <https://www.cdc.gov/pinkbook/hcp/table-of-contents/chapter-20-rubella.html>
- CDC: <https://www.cdc.gov/vaccine-safety/vaccines/mmr.html>
- Immunize.org: <https://www.immunize.org/wp-content/uploads/catg.d/p4026.pdf>
- CDC: <https://www.cdc.gov/vaccine-safety/about/autism.html>
- CDC: <https://www.cdc.gov/vaccine-safety/vaccines/mmr.html>
- U.S. Department of Health and Human Services: <https://www.hhs.gov/immunization/basics/safety/index.html>
- CDC: <https://www.cdc.gov/vaccines/hcp/current-vis/downloads/mmr.pdf>
- Health Resources and Services Administration: <https://www.hrsa.gov/sites/default/files/hrsa/vicp/vaccine-injury-table-01-03-2022.pdf>