

Rubella

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Rubella (German measles) is caused by a virus. If a woman has rubella during a pregnancy, it can cause miscarriage, stillbirth, or severe birth defects.
- Rubella can be prevented with a vaccination (shot).
- A blood test will show if you need to get the vaccination.
- Do not get the vaccination if you are pregnant. Do not get pregnant for 3 months after you receive the vaccination.
- If you are already pregnant and need the vaccination, get it after your baby is born.