

# Hawthorn Community Primary School

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6<sup>th</sup> July 2022

Dear Parents/Carers,

I am writing to you to make you aware of a case of German measles (also referred to as rubella) within school. It is a rare illness that primarily causes a spotty rash.

The symptoms of rubella are mild. Usually the rash is the first indication of rubella infection. The main symptoms are:

- swollen lymph glands around the ears and back of head 5 to 10 days before the onset of a rash
- sore throat and runny nose 1 to 5 days before the rash appears
- mild fever, headache, tiredness
- conjunctivitis (sore, itchy, watery, red and/or sticky eyes)
- red rash mostly seen behind the ears and on the face and neck
- painful and swollen joints

We ask you to be vigilant to the above symptoms however, if someone has had both doses of the MMR vaccination, they are very unlikely to have rubella.

There is a risk to pregnant women and the baby should you contract German measles so if you're concerned, contact your midwife/GP.

If you are concerned your child may have German measles refer to the NHS Website or contact your GP and ensure they remain at home for 5 days to prevent spreading the infection.

As I've said, it is rare but it is important to remain vigilant.

Frances Martin