



# Get Vaccinated Against Rubella (German Measles)

## Measles, mumps, and rubella vaccine

---

In Singapore, the measles, mumps, and rubella (MMR) vaccine is given to children at 12 months. A second dose is administered between 15 and 18 months of age so that children can be sufficiently protected.

Rubella immunisation for 12-year-old girls started in 1976. If you are uncertain whether you have been immunised or infected with rubella before, please consult your family doctor. He/she may advise for you to be tested for rubella antibodies or to take the rubella vaccination, which is safe.

## What is rubella?

---

Rubella, also known as German measles, is caused by a contagious virus. The virus spreads when a person is in direct contact with the nasal or throat secretions of an infected person. It is a mild disease that lasts 3 to 4 days.

A person with rubella can spread the virus to others a few days before or 5 to 7 days after symptoms appear. It can also be passed from a pregnant woman to her unborn baby.

## Should I be vaccinated against rubella?

---

If you are planning to start a family, you are advised to get immunised against rubella. Only one injection is needed, and it will give nearly 100% protection for all future pregnancies.

### Important!

- You should not get pregnant for at least three months after the vaccination.
- If you have received the vaccine inadvertently during pregnancy, please speak to your gynaecologist.
- If you are pregnant and not immune to rubella, you should postpone the vaccination to after the delivery of your baby.





## How do I know if I have rubella or measles?

---

Measles is different from rubella. Measles is always associated with high fever and Koplik's spots – small white spots, each surrounded by a red ring, which typically appear in the mouth 2 to 3 days before the rash appears. A rash from measles does not fade as quickly and can leave a temporary brown stain. In addition, having had measles does not protect you against rubella.

## What are the signs and symptoms of rubella?

---

A person infected with rubella displays very few or no symptoms at all.

Rash will develop 2 to 3 weeks after being infected with the rubella virus. The rash consists of small pink spots which lasts 3 to 5 days. It usually starts on the face and spreads from head to toe. Other symptoms may include:

- Fever and headache
- Red swollen eyes
- Runny nose
- Painful and swollen glands at the back of your neck
- General fatigue
- Joint aches



## What if I was infected with rubella before?

---

If you have had rubella before, you will not get it again. However, it may be difficult to ascertain if you have been infected before as its symptoms may be confused with many other illnesses.

It is possible to check your immunity by doing a simple blood test. If the blood test results show that you are lacking in the rubella antibody, you should consider getting vaccinated.

## Does rubella affect my unborn baby?

If a pregnant woman is infected with rubella during the first trimester, her unborn baby has a high chance of being infected. The virus will affect the development of the baby's organs. This is called the congenital rubella syndrome which causes:

- Blindness
- Deafness
- Heart defects
- Mental retardation

The above may lead to miscarriage, stillbirth or the baby being born with severe birth defects. However, defects are rare if the infection occurs after the 20th week of pregnancy.

## What are the side effects of the rubella vaccine?

Although the rubella vaccine is made from the same infective agents (or parts of them) that cause the disease, it will not cause the person to be infected with rubella. This is because the virus is either killed or weakened.

Each new vaccine is tested thoroughly before it can be used, and it is monitored closely for side effects. The benefits of the vaccination outweigh the small risks of the side effects. If present, it is usually mild such as:

- Slight fever, fatigue or poor appetite.
- Pain, redness or swelling at the site of the vaccination.
- A mild rash (that lasts for two days) which may occur 5 to 12 days after the vaccination.

### About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System's (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit [www.nuh.com.sg/NUWoC](http://www.nuh.com.sg/NUWoC)

#### Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1  
Contact +65 6772 5000

#### Women's Clinic – Emerald/Ruby

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-06  
Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri), 8.30am – 12.30pm (Sat)  
Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### Women's Clinic – Sapphire

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-03  
Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri), 8.30am – 12.30pm (Sat)  
Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### Women's Clinic – Jade [Former Clinic G]

Location NUH Kent Ridge Wing, Zone C, Level 3, C03-02  
Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri)  
Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### Fetal Care Centre

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-04  
Operating Hours 8am – 5.30pm (Mon to Thu), 8am – 5pm (Fri)  
Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### Clinic for Human Reproduction

Location NUH Kent Ridge Wing, Zone D, Level 4, D04-02  
Operating Hours 8am – 5pm (Mon to Fri), 8.30am – 12.30pm (Sat)

#### Women's Clinic @ JMC

Location Jurong Medical Centre, Level 2  
Operating Hours 8.50am – 11.30pm (Tue & Thu), 2pm – 5pm (Mon & Fri)

#### Jurong Clinic for Women

Location 130 Jurong Gateway, #01-231  
Operating Hours 9am – 12pm, 2pm – 5pm (Mon to Sat), 6pm – 9pm (Mon to Thu)  
General Enquiry +65 6665 4277  
Appointment Line +65 6908 2222  
Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### GS @ NTFGH

Location Ng Teng Fong General Hospital, Tower A – Specialist Outpatient Clinics, Level 7  
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
Appointment Line +65 6908 2222  
Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

## Our Patient Care Institutions

National University Hospital  
Ng Teng Fong General Hospital &  
Jurong Community Hospital  
Alexandra Hospital  
National University Polyclinics  
Jurong Medical Centre  
National University Cancer Institute, Singapore  
National University Heart Centre, Singapore  
National University Centre for Oral Health, Singapore  
NUHS Diagnostics  
NUHS Pharmacy

OneNUHS Hotline: (65) 6908 2222  
OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)  
**[www.nuhs.edu.sg](http://www.nuhs.edu.sg)**



Scan the QR code for more information on our patient care institutions.



Scan QR code for more information on NUWoC facilities.

Take charge of your health and access health information and services across NUHS institutions.

**Download the NUHS App now!**



Scan to download

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

©2024, National University Hospital. All rights reserved. No part of this publication may be reproduced or shared without prior permission from National University Hospital.

Information is correct at time of printing (Apr 2024) and subject to revision without prior notice.