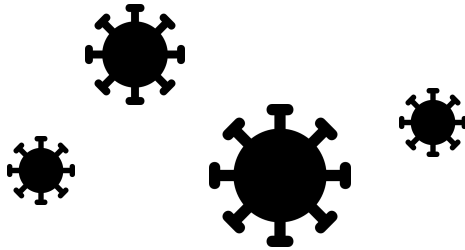


Congenital Rubella Syndrome

Fact Sheet



Congenital rubella syndrome (CRS) is an illness in babies and is caused by the rubella virus.



CRS is a result of a woman being infected with rubella while she is pregnant.

Signs and Symptoms



Cataracts (Blurred Vision)



Heart Defects



Hearing Loss

CRS can cause a range of symptoms depending on the stage of pregnancy when the mother is infected. If the mother is infected early in pregnancy (less than 12 weeks) the infant may not be carried to term, be stillborn, or have severe birth defects. Birth defects can also include learning delays, liver and spleen damage, and low birth weight. The baby may be born with a skin rash. A baby with CRS can shed the virus for up to year and spread the virus to others. There is no cure for CRS.

Prevention



The best way to prevent CRS is for women to get the rubella vaccine (usually called MMR) before getting pregnant. Women who are thinking about getting pregnant can be tested to see if they are protected from rubella.

Pregnant women who are not immunized against rubella cannot receive the vaccine during pregnancy because it is not approved for pregnant women. Pregnant women who are not immunized should stay away from sick people and talk with their doctor before international travel.

For More Information, Visit:



1. www.maine.gov/dhhs/rubella
2. www.cdc.gov/rubella/pregnancy.html

You can also call Maine CDC at 1-800-821-5821.