

Date

**Subject: Notice about Rubella**

Dear Parent or Guardian:

Someone in our child care has **rubella**. This is a highly contagious disease. If women who are pregnant contract this disease, it can cause birth defects.

The symptoms are low fever (usually less than 101° F), rash lasting three days or less, swollen glands, headache, runny nose, body and joint aches and reddened eyes. This disease can be caught for one week before the rash appears.

You will need to contact your health care provider. Your child may need to get a shot to prevent him or her from getting rubella. The shot may keep the child from getting sick with rubella. The shot is very important. The shot given for this is MMR.

Please let us know if your child gets rubella.

Sincerely,



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