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## Notice of Possible Exposure to Rubella (German Measles)

**To:** Riders of Route 79 Freeway Flyer Departing Pilgrim Road at 6:33 am  
Riders of Route 79 Freeway Flyer Departing the Downtown Transit Center at 4:35 pm  
**Date:** 4/28/2008

This notice is to inform you of your possible exposure to Rubella (also known as German measles), from a passenger thought to be infectious with this disease between April 12<sup>th</sup> and April 23<sup>rd</sup> while riding the Route 79 Freeway Flyer. The City of Milwaukee Health Department (MHD) believes that the passenger traveled on the 79 Freeway Flyer departing Pilgrim Road at 6:33 am to the Downtown Transit Center and returning from the Downtown Transit Center to the Pilgrim Road departing 4:35 pm during the above dates.

Rubella is caused by a virus that is spread through the air when a sick person coughs or sneezes. Children with rubella usually first break out in a rash, which starts on the face and progresses down the body. Older children and adults usually first suffer from low-grade fever, swollen glands in the neck or behind the ears, headache and runny nose before they develop a rash. Adult women often develop pain and stiffness in their finger, wrist, and knee joints, which may last up to a month. An infected person may not have any symptoms but they can still spread rubella to other people. The greatest concern for Rubella is for pregnant women, especially those in the first trimester, because rubella can cause miscarriage, fetal death and birth defects.

It is important to emphasize, that the MMR (Measles-Mumps -Rubella) vaccine will protect you against rubella. The vaccine is safe and effective. Getting all of your shots is the best way to prevent rubella. Because of your possible exposure to rubella, the City of Milwaukee Health Department is making the following recommendations:

- **Get immunized.**
  - Make sure that you and everyone in your family have had 2 doses of the MMR vaccine and that you have documentation of those shots.
  - If you don't have a doctor or insurance, immunizations are free at Milwaukee Health Department clinics. A City of Milwaukee Health Department clinic schedule is attached.
- **Limit your contact with other people.**
  - If you have not had 2 doses of MMR it is important that you limit your contact with people who have a high risk of complications (pregnant women, young infants (under 1 year), and people with chronic medical conditions) until May 16<sup>th</sup> (end of disease incubation period based on any potential exposure to the case(s) being investigated by the MHD).
- **Look out for the signs of rubella.**
  - Watch yourself and your family until May 16<sup>th</sup> for signs and symptoms of rubella. A fact sheet is attached.
  - If you or a member of your household already has or develops fever and rash, they must stay home. Immediately contact your healthcare provider and MHD at (414) 286-3624.

**Because women who are pregnant cannot get immunized with MMR, it is important that if you are pregnant to discuss this exposure with MHD at (414) 286-3624 and your medical provider.** Women should avoid becoming pregnant within 3 weeks of their exposure, due to the risks of rubella infection to the developing fetus. Children under age 12 months are too young to get MMR vaccine.

For more information on rubella and how to prevent its spread please see [www.milwaukee.gov/health](http://www.milwaukee.gov/health) or contact the MHD Communicable Disease Program at 414-286-3616