

Commentary

Rubella signs, symptoms and other congenital rubella syndrome

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ABOUT THE STUDY

The rubella virus causes rubella; it is often referred as German measles or three-day measles. Because the disease is so mild, half of persons sick are completely unaware they are diseased. A rash that appears two weeks after exposure and lasts three days is possible. It usually begins on the face and then spreads throughout the body. The rash is uncomfortable at times and not as brilliant as the measles rash. Lymph nodes that swell are typical and can last for a few weeks.

Rubella is usually passed from person to person through the air through infected people's coughs. During the week before and after the rash appears, people are contagious. CRS-infected babies can spread the virus for up to a year. Only humans are susceptible to diseases. The disease is not spread by insects. People are immune to future infections once they have healed. Immunity can be verified through testing. The presence of the virus in the blood, throat, or urine confirms the diagnosis. Antibody testing in the blood may also be beneficial.

Rubella can be prevented with a single dose of the rubella vaccination, which is more than 95% effective. It is frequently given in conjunction with the MMR vaccine, which protects against measles and mumps. When only a portion of a population is vaccinated, such as less than 80%, more women may reach childbearing age without establishing protection through illness or vaccination, thereby increasing CRS incidence. There is no cure after you've been infected.

Signs and symptoms

Rubella symptoms are mild comparable to flu symptoms. The predominant sign of rubella virus infection is the formation of a rash on the face that spreads to the trunk and limbs and

normally dissipates after three days, hence the name "three-day measles." As the rash spreads to other parts of the body, it normally clears up. Low-grade fever, enlarged glands, joint pains, headache, and conjunctivitis are some of the other symptoms. Rubella rash is often pink or pale red. Itching occurs as a result of the rash, which usually lasts three days. After a few days, the rash fades away with no discoloration or flaking of the skin. When the rash goes away, the skin that was covered by the rash may shed in little flakes. Forchheimer spots are little, crimson papules on the soft palate that develop in 20% of cases.

Congenital rubella syndrome

Rubella can induce congenital rubella syndrome in newborns, which is the most serious side effect of the disease. CRS is a syndrome that develops after a rubella virus infection in the womb and includes cardiac, brain, ocular, and auditory abnormalities. Prematurity, low birth weight, neonatal thrombocytopenia, anaemia, and hepatitis are all possible side effects. Infection during the first trimester increases the likelihood of serious organogenesis abnormalities. CRS is the primary cause for the development of a rubella vaccine. When a mother contracts rubella during the first trimester, 80-90 percent of the time, she will have a miscarriage or a stillborn baby. If the foetus survives the infection, it may be born with serious heart defects (the most frequent being patent ductus arteriosus), blindness, deafness, or other life-threatening organ defects. The lesions on the skin are known as "blueberry muffin lesions." Rubella is included in the TORCH complex of prenatal infections for these reasons.

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