

TO: ALL STUDENTS & STAFF

FROM: Sharon Mullin-Zimmermann, R.N.
Health Nurse

RE: Rubella (German Measles)

The following information was brought to my attention by Dr. Lamont Sweet, Chief Health Officer of Prince Edward Island:

Recently there have been several patients in Prince Edward Island diagnosed as having rashes due to a number of different viruses. A few of these patients have been found to have German measles. In September there have been two cases between the ages of 20 and 22 years of age.

Persons with German measles usually are not ill. Symptoms of German measles include mild fever, swollen glands in the back of the neck, and a red rash which begins on the face and moves downward on the body.

Vaccine for rubella has been provided to school children in Prince Edward Island since 1970. Those who have had the vaccine may, however, develop a mild form of the disease.

The only concern about German measles is for women during the first five months of pregnancy when the virus can pass from the mother to the fetus. The virus can affect the nervous or heart systems of such fetuses.

The following recommendations are being made at this time:

1. All women who plan a future pregnancy (particularly within the next six months) should receive the vaccine at this time if they have **not** been previously immunized.
2. Pregnant women who develop symptoms of German measles during the first five months of their pregnancy should see their physician.

Students should be reminded that German measles is a mild illness and that most pregnant women are probably already immune to this disease.

THERE IS NO IMMEDIATE CAUSE FOR ALARM. However, it is felt advisable that you be aware of the presence of German measles in P.E.I. at this time.

Dr. Lamont Sweet
Chief Health Officer, P.E.I.
October 6, 1992

DR. HOURS HEALTH CENTRE
1992-93

The Health Centre will be open **Mon. to Fri.** 0830 - 1600.

The doctors are:	Mon.	Dr. Tweel	0930 - 1230
	Tues.	Dr. MacKenzie	1330 - 1600
	Wed.	Dr. Sheehan	0930 - 1230
	Thurs.	Dr. Reid	0930 - 1230

For appointments call	0616
Nurse's office	0789
Doctor's office	0786