

RUBELLA

Also known as the German measles; a viral disease, can be harmful to the fetus in the first 3 months of pregnancy. Most mothers have immunity to Rubella because of vaccinations early in childhood.

If you are contemplating pregnancy and are unsure of your immunity, call your physician's office. A simple blood test can determine if you have rubella antibodies. If your test shows that you are not immune, you can then visit your PCP or health department to have the vaccination. You should delay attempting pregnancy for 1 month after receiving the vaccine.