



EPIDEMIOLOGY & SURVEILLANCE

Health Care Services
825 N. McDonald Street
Suite 130
McKinney, Texas 75069
972-548-4707

Suspecting a Rubella Case – Physicians Guide to Diagnosing

Collin County Health Care Services
Business Hours: 972-548-4707 After Hours: 972-547-5350

Suspecting Mumps

- Rubella is a reportable condition per the Texas Department of State Health Services.
- Rubella is characterized by a mild, maculopapular rash along with lymphadenopathy, and a slight fever. The rash usually starts on the face, becomes generalized within 24 hours, and lasts a median of 3 days.
- If rubella is suspected, contact Collin County Health Care Services immediately for further guidance and to arrange for laboratory testing.
- Do not refer patients to the health department without prior approval.

Laboratory Diagnosis

- Laboratory testing is needed to confirm a case of rubella.
- Per the Centers for Disease Control and Prevention (CDC), healthcare providers should obtain a Pharyngeal swab for PCR. IgM serology can also be used to aid in diagnosing rubella, but PCR is preferred.
- The preferred laboratory test in Texas is a Pharyngeal swab for PCR.

Pharyngeal Swab PCR

PCR testing for rubella can be ordered through a commercial lab. It will be requested that testing also be done at the Department of State Health Services Laboratory.

Materials:

- Viral Transport Media (VTM) and tubes
- Synthetic swab such as polyester or rayon swab

Serum IgM/IgG

IgM and IgG antibody testing can be ordered through a commercial lab. Please note serum rubella IgM test results that are false positives have been reported in persons with other viral infections (e.g., acute infection with Epstein-Barr virus, recent cytomegalovirus infection, and parvovirus infection) or in the presence of rheumatoid factor.

Materials:

- Red top tubes and serum separator tubes OR gold top OR tiger top tubes.
- Centrifuge

Control Measures Checklist

If you have a suspected rubella case in your facility use the following control measures check list:

- Isolate patient.
- Implement standard and droplet precautions.
- Utilize appropriate PPE.
- Health care staff that were exposed to the case should verify their immunity status to rubella.
- Recommend patient isolate themselves until 7 days after rash onset.

Reference: Centers for Disease Control and Prevention <https://www.cdc.gov/rubella/hcp.html>