

Rubella Education Program

Rubella generally causes mild illness in children and adults. However, up to 90% of infants born to mothers infected with rubella in the first trimester of pregnancy will develop Congenital Rubella Syndrome (CRS). Deafness, blindness, heart and brain defects can occur.

The aim of the Rubella Education Program is the prevention of CRS by encouraging women to ensure they have immunity to rubella well before pregnancy. The Program promotes immunisation against measles, mumps and rubella.

The Program offers free information sessions and resources:

- Information sessions

The Rubella Education Nurse is available to speak to communities within Victoria. The information presented is tailored to the audience, and is complemented by the use of multilingual resources. To book a session please telephone 9738 2909 or email rubella@deafness.org.au

- Resources

- Pamphlets in 22 community languages
- Posters in English, Arabic and Nuer
- A DVD now dubbed in 19 community languages

The DVD '**Rubella the risks to your unborn baby**' was produced to inform people coming to Australia from countries that do not routinely offer a rubella-containing vaccine, about the possible risks. It describes rubella and the consequences of infection during the early stages of pregnancy. It encourages the whole family to consider vaccination and explains in simple terms the rationale for this.

This short (9 minute) DVD is a very useful resource for women's health services, immunisation services, health education and promotion, as well as people working in refugee and migrant health and education programs.

A DVD containing 19 languages is available from the Deafness Foundation for \$10. A small number of single language DVDs and videos are available for \$5 each. Please ring or email to check availability.

To order resources please complete an order form or phone 03 9738 2909, fax 03 9729 6583 or email rubella@deafness.org.au



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