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to all women of child-bearing age

# **HELP AVOID A TRAGEDY**

make sure you are protected against

**rubella**  
(**German Measles**)

**SEE YOUR DOCTOR**

Rubella is on the increase. If a woman catches it while she is pregnant, it can very seriously damage her unborn child.

If there is any possibility that you could become pregnant, see your doctor. The doctor will carry out a blood test. This will show whether you are immune to rubella. If you are not, you can be immunised and protected against the disease before you become pregnant.

If you are already pregnant, and may have been in contact with a person with rubella, or if you have had an illness like rubella, see your doctor so that tests can be done to confirm whether or not you have had rubella.

As usual, girls in Form 1 will be offered immunisation at school. It will not have much effect in the present outbreak, but will give a high degree of protection in future outbreaks of rubella. There is no need for girls to be immunised earlier than this and blood tests are not necessary.

Read Health Information Leaflet No. 370 available from your District Health Office.

Issued by the Department of Health.