

# Chinese Notifiable Infectious Diseases Surveillance Report

## Rubella

February 2024

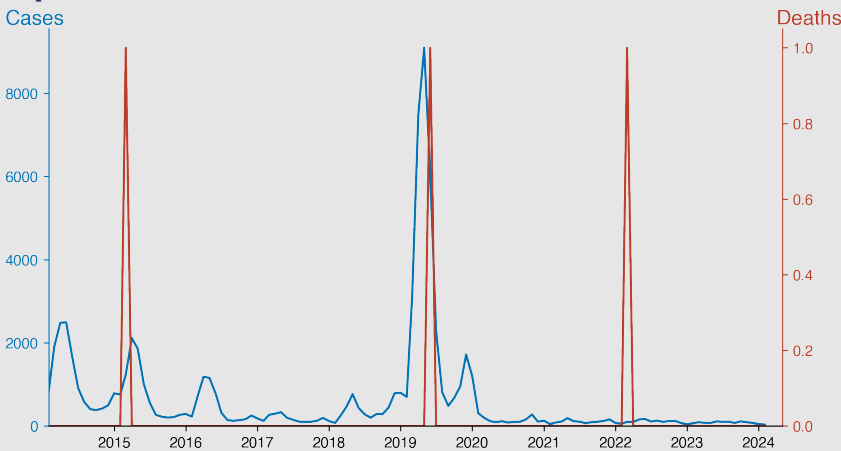
### Introduction

Rubella, also known as German measles, is a contagious viral infection with a notable red rash. It is mild for most but poses severe risks to pregnant women, potentially causing congenital defects in the fetus. Transmitted through respiratory droplets, its prevention is effectively managed through the MMR vaccine. Global health efforts prioritize combating rubella due to its potential impact on pregnancy.

### Highlights

- There is a noticeable decline in rubella cases on the Chinese mainland from 2014, with numbers peaking again drastically in 2019 but falling once more from 2020 onwards.
- Monthly cases in recent years (2022-2024) have been maintaining at relatively low levels, generally under 200 cases per month.
- Despite the fluctuation in cases, the fatality rate remains extremely low with only 3 deaths reported over the entire period.
- As of February 2024, the situation appears controlled, with only 33 cases and no deaths reported for that month.

### Temporal Trend



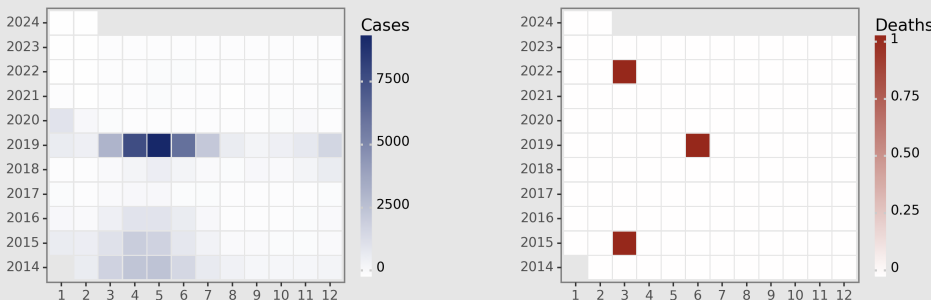
### Cases Analysis

Rubella cases in Mainland China fluctuated with a notable peak in mid-2019, specifically from April to June, reaching the highest recorded number of 9,095 cases in May 2019. Overall, there is an evident seasonal pattern with cases increasing in spring and early summer. After 2019, a significant drop in the number of cases is observed, particularly from 2020 onwards, with cases mostly not exceeding a few hundred each month. The low case numbers post-2020 could suggest effective public health interventions, such as vaccination campaigns, or potential underreporting due to overlapping healthcare focus on the COVID-19 pandemic.

### Deaths Analysis

Rubella is generally a mild disease, and this is supported by the mortality data, which show only two reported deaths within the studied timeframe, despite multiple thousands of cases. Both deaths occurred in the month of March, one in 2015 and another in 2022, suggesting no clear temporal mortality pattern. The near-zero mortality rate observed may indicate effective case management and a low rate of complications, such as Congenital Rubella Syndrome, which can result from maternal infection during pregnancy. It also underscores the relatively low lethality of the rubella virus among the general population.

### Distribution



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