Chinese Notifiable Infectious Diseases Surveillance Report

Rubella

January 2024

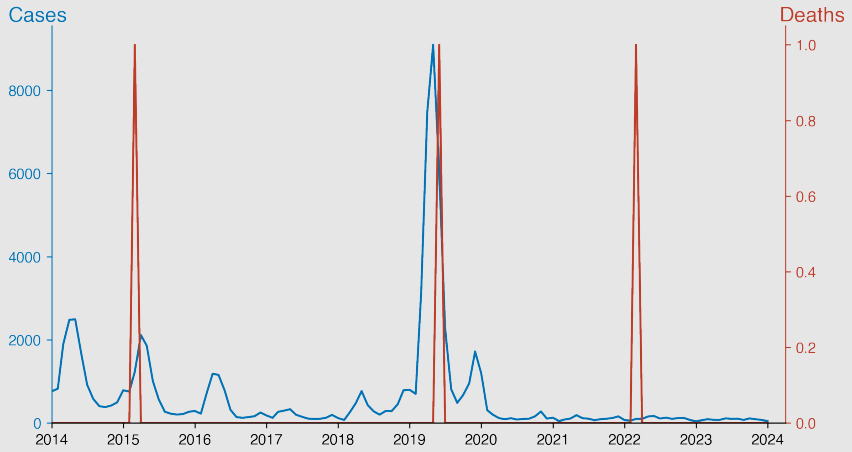
Introduction

Rubella, also known as German measles, is a contagious viral infection notable for its distinctive red rash. It's generally mild in children and young adults but can have serious consequences if contracted by pregnant women, potentially causing miscarriage or congenital rubella syndrome, leading to severe birth defects. The virus is transmitted via airborne droplets from the respiratory secretions of infected individuals. Vaccination has made rubella rare in many countries, emphasizing its importance in preventing the spread of the virus and protecting vulnerable populations, especially pregnant women.

Highlights

- **Significant decrease in cases**: The data shows a notable decline in the number of Rubella cases in Chinese mainland, dropping from thousands in peak years (2014-2019) to below 100 cases by January 2024.
- **Peak in 2019**: The highest number of reported cases occurred in May 2019, with 9095 cases, indicating a significant outbreak during that period.
- **Low mortality**: Despite the fluctuations in case numbers, Rubella deaths remained extremely rare, with only a few reported deaths over the entire period.
- **Trend towards control**: The consistent decrease in cases, especially from 2020 onwards, suggests effective control measures and possibly higher immunization coverage.

Temporal Trend



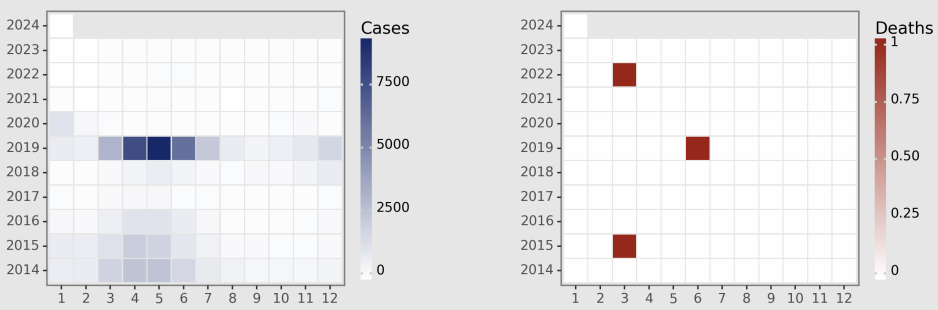
Cases Analysis

The Rubella cases in Chinese mainland from 2014 to 2024 show notable fluctuations. Initially, cases peaked in May 2014 (2491 cases), followed by a gradual decrease until early 2015. A significant surge occurred in early 2019, with the highest peak in May (9095 cases). Post-2019, there was a dramatic decline in cases, reaching lower levels by 2023-2024. Seasonal trends are evident, with spikes generally in spring and early summer. This pattern suggests environmental or behavioral factors influencing transmission dynamics.

Deaths Analysis

Rubella-associated deaths in the dataset are extremely rare, with only two reported deaths over the entire period: one in March 2015 and another in June 2019. The scarcity of deaths highlights the generally low fatality rate of rubella, especially in contexts with access to healthcare and vaccination. However, the presence of any deaths underscores the potential severity of rubella, particularly among specific vulnerable populations, and underscores the importance of maintaining high vaccination coverage to prevent all rubella-related complications.

Distribution



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