



Rubella

[Source: WHO](#)

The [World Health Organization \(WHO\)](#) has officially declared Nepal **rubella-free**.

Rubella

- **About: Rubella (German measles)**, is a **highly contagious viral infection** caused by the **rubella virus**, an **enveloped single-stranded RNA virus**, which causes **mild fever and rash**.
- **Risk and Impact: Mild in children and adults**, but poses **serious risks to pregnant women**, potentially leading to **miscarriage, stillbirth, or [Congenital Rubella Syndrome \(CRS\)](#)** in infants.
 - CRS can cause **hearing impairment, cataracts, heart defects, and developmental delays**, making rubella a **leading cause of preventable congenital disabilities** globally.
- **Epidemiology:** In 2022, there were **17,865 reported cases across 78 countries**.
 - In 2024, **14.3 million children missed all vaccinations**, and only **84% of infants received the first dose of the measles vaccine**.
- **Prevention and Vaccination:** The **Measles-Rubella (MR) vaccine** is the most effective preventive measure, administered in **2 doses** to provide **long-term immunity** against rubella and its complications.

India's Progress Towards Rubella Elimination

- **Key Initiatives:** The [National Zero Measles-Rubella Elimination Campaign \(2025-26\)](#) under the [Universal Immunization Programme \(UIP\)](#) aims to **eliminate Measles and Rubella (M-R) in India by 2026** through **100% immunization coverage**.
 - Other Initiatives include [Mission Indradhanush](#) and [Intensified Mission Indradhanush](#).
- **MR Vaccination Coverage:** As of 2024-25, **over 90% of children** received both MR vaccine doses.
- **District-Level Achievements:** Between Jan-Mar 2025, **332 districts were measles-free** and **487 districts rubella-free**.

Read More: [Measles and Rubella, National Zero Measles-Rubella Elimination Campaign](#)