

Bhutan



World Health  
Organization

REGIONAL OFFICE FOR South-East Asia

# Restraining Rubella

How Bhutan controlled the  
transmission chain for rubella  
and congenital rubella  
syndrome



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## **Restraining Rubella: How Bhutan controlled the transmission chain for rubella and congenital rubella syndrome**

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# AROGYAPARAMA labha

*"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."*

*- Buddha*

The *ayuarogyasampatti* is chanted every day by Buddhist monks to bestow blessings of longevity and health on the people. In Bhutan, one such recent blessing has been the control of rubella and congenital rubella syndrome in the country.

# FOREWORD

Bhutan has controlled rubella and congenital rubella syndrome (CRS), meeting the goal set at the Sixty-sixth session of the Regional Committee in 2013. That it has done so two years ahead of the 2020 target reflects the importance the country places on the health and wellbeing of its people.

Needless to say, a country's size does not determine its ability to drive path-breaking change. By delivering another public health success, just a year after the elimination of endemic measles, Bhutan has proved that its health systems are comparable to the best in the Region, particularly with regard to immunization.

By ensuring high levels of immunization coverage, rubella and CRS cases, which were widespread, have similarly witnessed substantial reductions in case incidence and overall burden.

These achievements have been brought about through the inspired leadership of the Ministry of Health, as well as frontline health workers.

WHO and other development partners have provided significant support in strengthening health systems and ensuring that funding has been available as and where needed, allowing Bhutan to be among the first six countries of the Region to control rubella and CRS.

At this proud moment, I extend my warmest congratulations to His Majesty the King Jigme Khesar Namgyel Wangchuck and the people of Bhutan for their remarkable achievement.

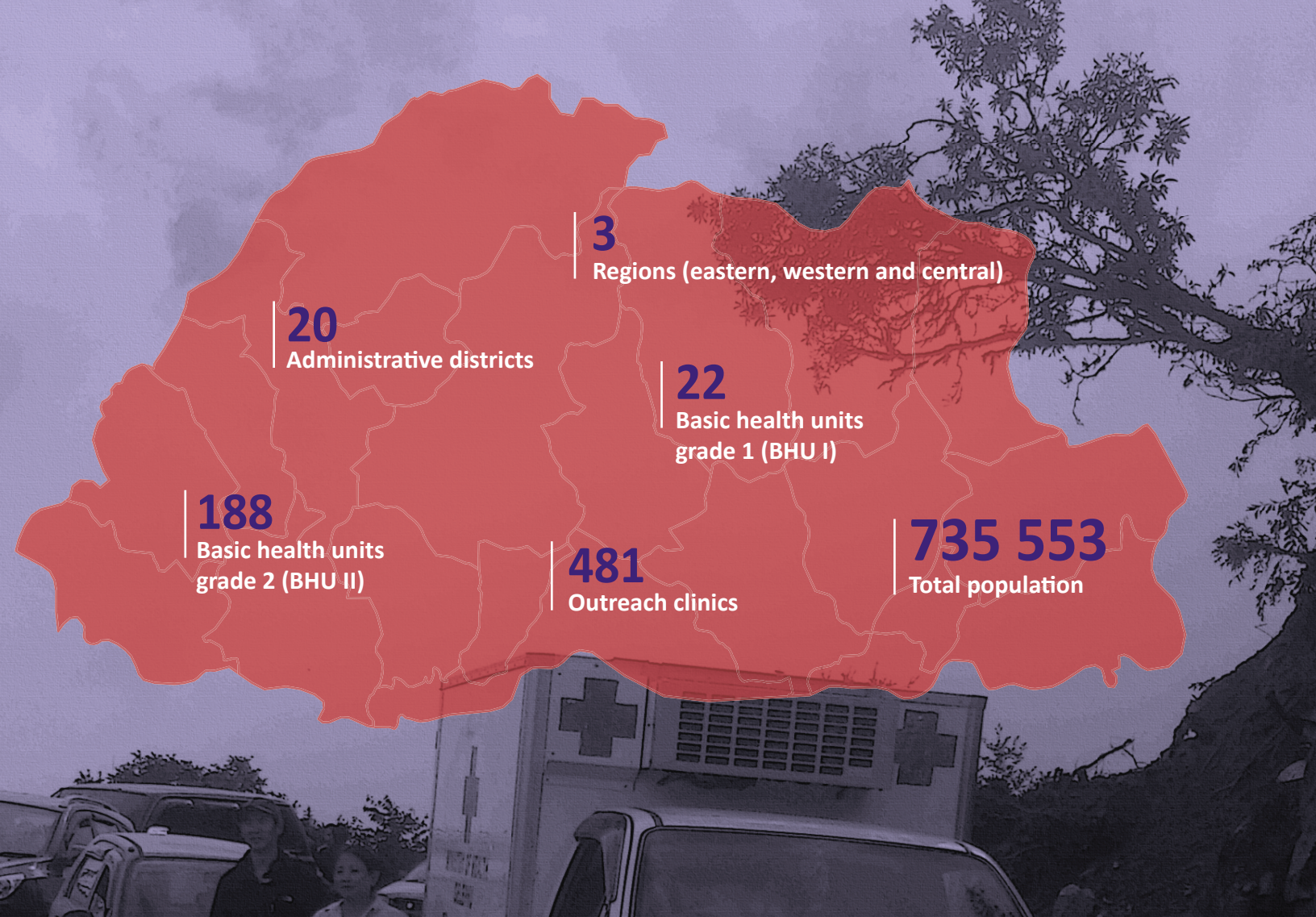


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