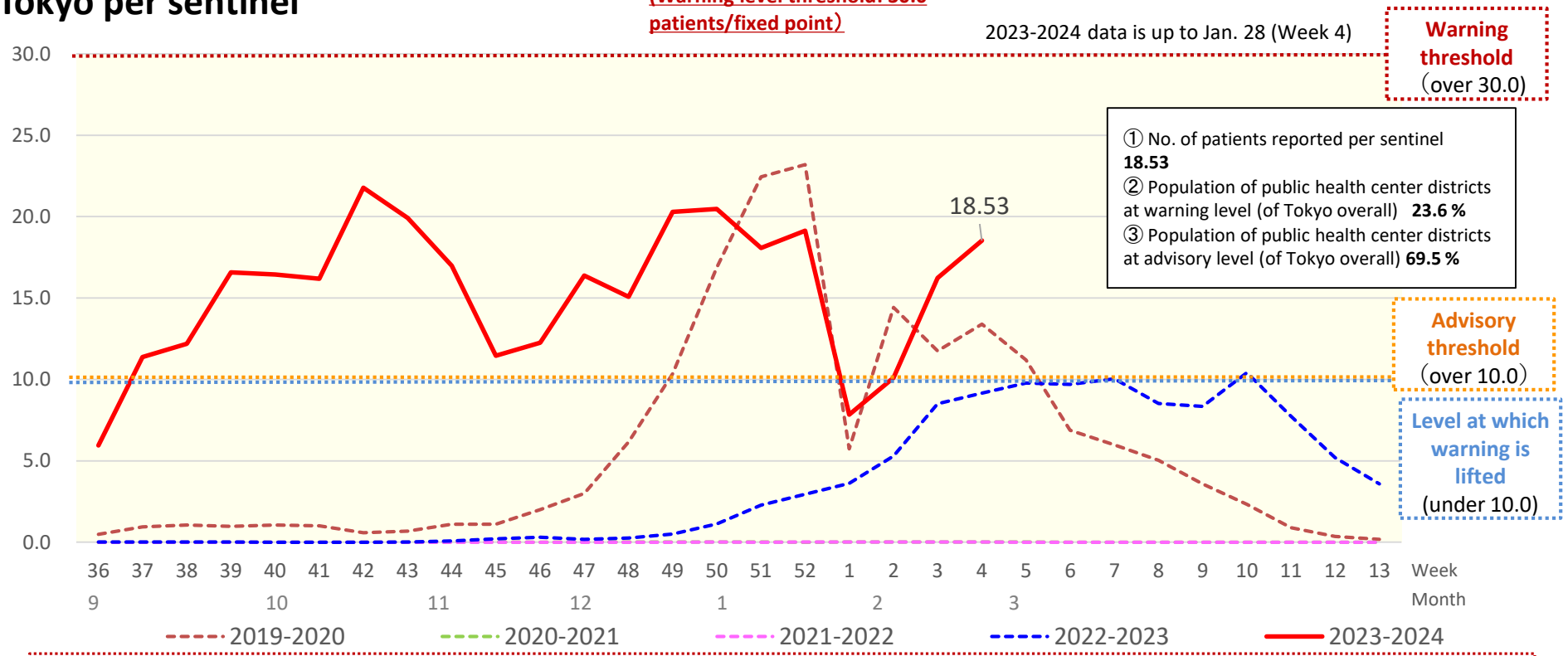
Influenza transmission

Document 4

No. of patients reported weekly in Tokyo per sentinel

(Advisory level threshold: 10.0 patients/fixed point)
(Warning level threshold: 30.0 patients/fixed point)

Advisory level (Week 37 onward, 2023)



***Advisory level retained**

There is no level at which the advisory is ended, but in the fourth week of 2024, the number of reported patients per sentinel was 18.53, exceeding the level of 10.0 at which the warning is lifted, and the number of public health center districts over the advisory threshold was 20 with 69.5% of Tokyo's population, thus exceeding the 30.0% threshold. Therefore, the advisory level is retained.

➢ **Take all infection prevention measures including masking where appropriate, handwashing and ventilation!**

Measles and rubella- Class 5 infectious diseases-

Measles symptoms

(Ref: Tokyo Metropolitan Infectious Disease Surveillance Center website, National Institute of Infectious Diseases website)

Infection pathways	・**Airborne, droplet, contact (person-to-person transmission)** ・**Infectivity extremely strong, almost 100% of those without immunity are infected** ・**Over 90% of infected people develop symptoms** ・The infectious period starts around 4 days before onset of symptoms and ends around 4-5 days after onset *** Measles is most infectious before symptom onset**
Transmission in Tokyo	・It was confirmed that Tokyo residents sharing public transport in April 2023 with a resident of Ibaraki Prefecture returning from India contracted measles (press release, May 12, 2023)
Symptoms	・Following a latency period of 10-12 days, there is fever and cold symptoms (cough, running nose, bloodshot eyes, etc.) for 2-4 days, then high fever over 39℃ together with outbreak of measles rash ・Main symptoms are fever, measles rash, cough, runny nose, bloodshot eyes ・**Typically, recovery occurs in 7-10 days, but serious symptoms can arise such as pneumonia and encephalitis**

Measles and rubella- Class 5 infectious diseases-

Rubella symptoms

(Ref: Tokyo Metropolitan Infectious Disease Surveillance Center website, MHLW, National Institute of Infectious Diseases website)

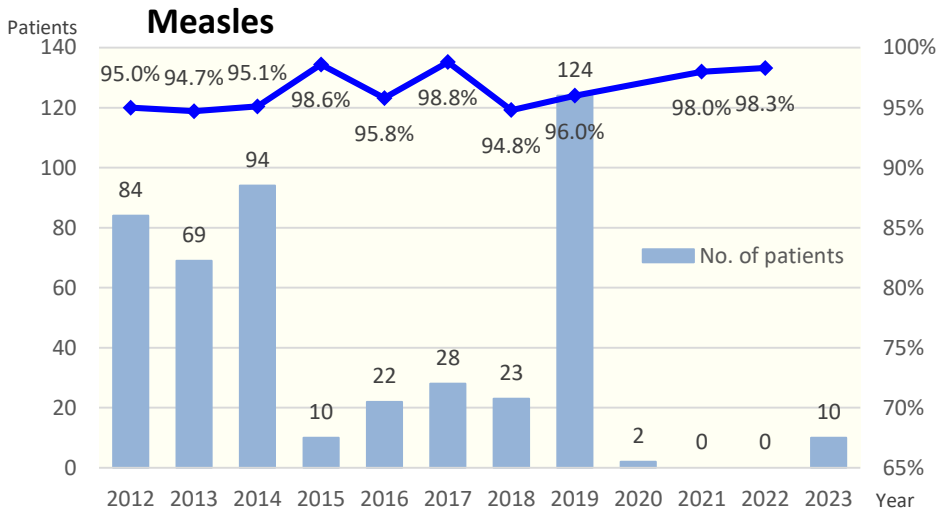
Infection pathways	・**Droplet, contact (person-to-person transmission)** ・**Infectiousness lasts from around 1 week before to 1 week after rash appears** ・In unvaccinated populations, one rubella case is infectious enough to spread to 5-7 others
Transmission in Tokyo	・In 2012-2013, a large-scale national outbreak affected mainly men aged 20-50, with over 3,000 reported cases in Tokyo ・This outbreak caused 16 cases of congenital rubella syndrome in Tokyo
Symptoms	・After a typical 2-3 week latency period (average 16-18 days), there is onset of fever, rash and swollen lymph nodes ・About half of cases result in fever, and some cases are asymptomatic, but complications can arise such as acute encephalitis ・Infection during pregnancy can cause congenital rubella syndrome (CRS)*

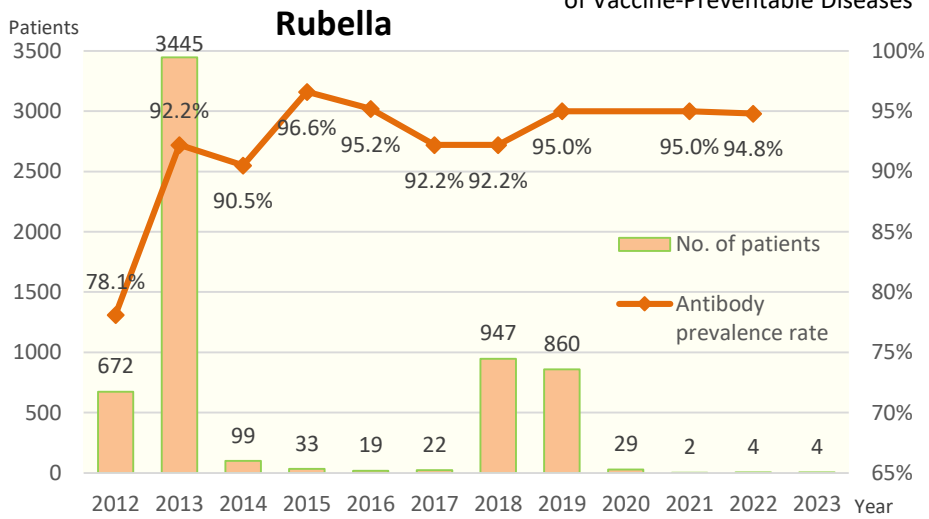
* Congenital rubella syndrome (CRS)
Umbrella term for the condition causing congenital heart disease, deafness, cataracts and other disabilities after birth where the fetus is infected by the rubella virus following infection of unvaccinated mother

Measles and rubella- Infection trends -

Measles and rubella infections in Tokyo and Tokyo antibody prevalence rate (2023 data as of Dec 31)

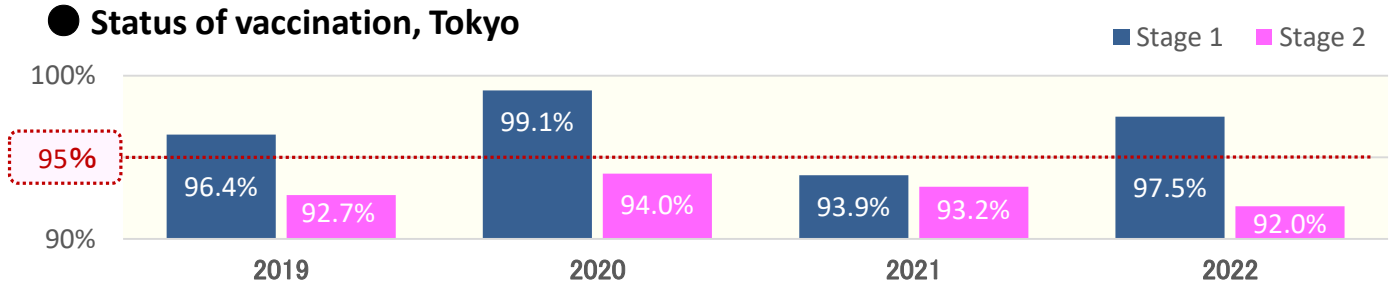
Ref: Infection trends: Tokyo Metropolitan Institute of Public Health website/Tokyo antibody prevalence rate: National Epidemiological Surveillance of Vaccine-Preventable Diseases





Measles and rubella immunization (MR vaccination rate)

▪To prevent measles and rubella outbreaks, two shots are required at stage 1 (12-23 months of age) and stage 2 (age 5-6). It is desirable to maintain a vaccination rate of 95% or higher for both



Stage 2 vaccination rate is particularly low
(year before starting elementary school)
Encourage consideration of preventative immunization

Measles and rubella - Scheduled immunization (MR vaccine)-

・Measles and rubella are vaccine-preventable diseases. Getting vaccinated is something you can do to stop them!

・Two shots result in antibodies in around 99% of people, giving sustained immunity

Eligibility for scheduled immunization

・Stage 1: 12-24 months
・Stage 2: 5-6 years of age and before starting school (older kindergarten children)

To parents and guardians of children about to start school this spring

▸ **Scheduled immunization Stage 2 (publicly funded): until end March**

・Check your child's MR vaccination record. If they are not immunized, consult your doctor.

・The MR vaccination consists of one shot at each stage.

・Your municipality will send you a vaccination voucher, with guidance as to where to receive the vaccine

TMG initiative

We encourage vaccination via our website and social media

Measles and rubella - Help for unvaccinated persons-

Measures for those who missed their scheduled immunization

- **Some municipalities subsidize vaccination costs for those who missed the opportunity of scheduled immunization**

*Details vary between municipalities

Additional rubella measures

Men born between April 2, 1962 and April 1, 1979 (aged 44-61) were not covered by public immunization so if they catch rubella, they could spread the infection

There is a danger of catching rubella and passing it on to your family or others

- **Antibody testing and immunization is free of charge**
- **Until March 31, 2025**

STEP 1 Instructions arrive from municipality

STEP2 Receive a rubella test (free)

STEP3 Receive rubella vaccination if you do not have any immunity (free)

Antibody testing and immunization for pregnant women, women hoping to become pregnant and those who live with them

- **Infection during pregnancy can cause congenital rubella syndrome (CRS)* to the fetus**
- **To prevent infections and CR teaming up with municipalitie antibody testing and immuniz**

*Congenital rubella syndrome (CRS): see under “Rubella symptoms”

*For further details, please enquire to your municipality.

Information about measles and rubella（**TMG Bureau of Public Health website**）

Link: https://www.hokeniryo.metro.tokyo.lg.jp/kansen/measles-rubella/index.html