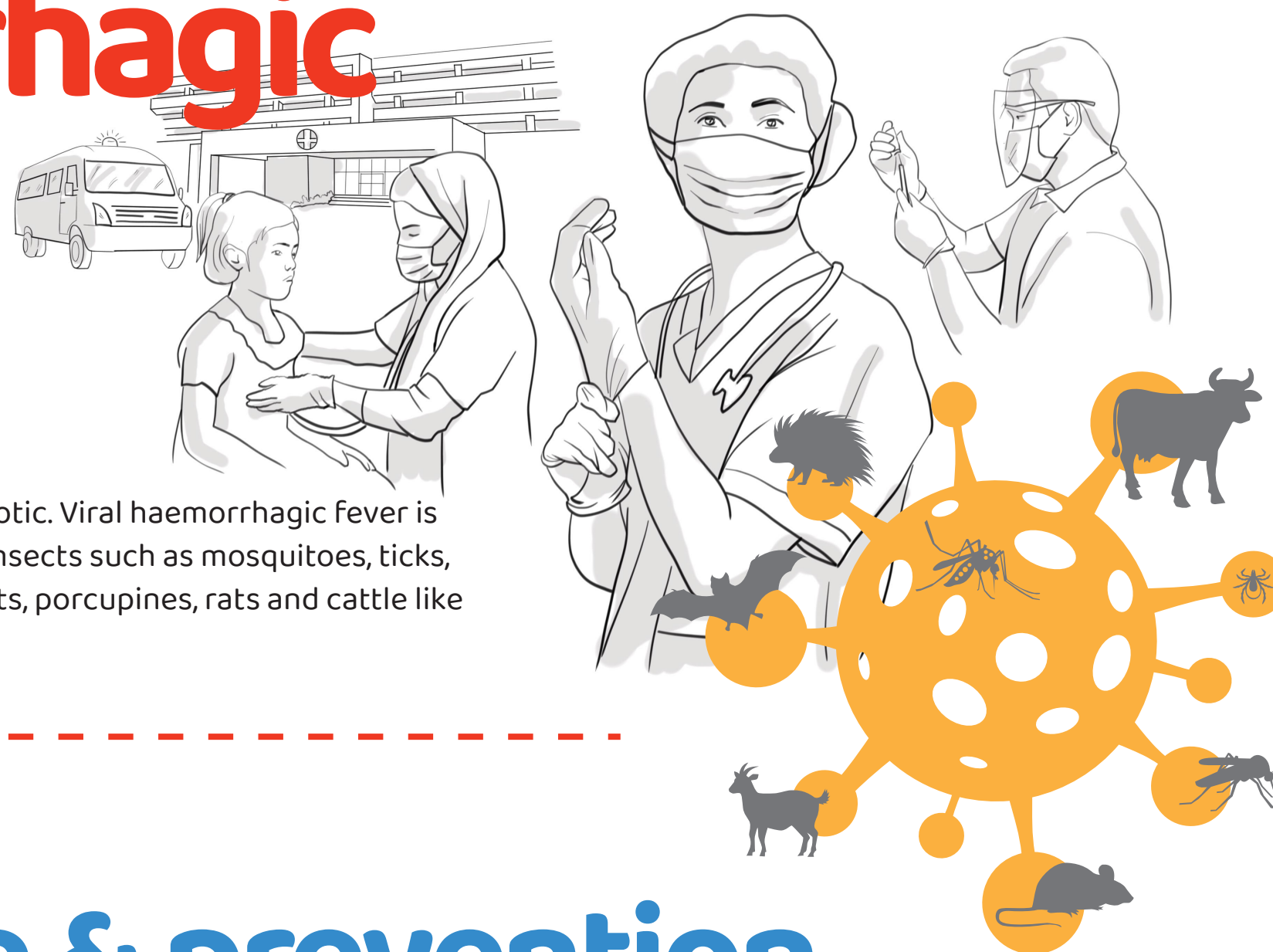


Viral haemorrhagic fevers

Information for health care workers

Sources of infection

Both vector-borne and zoonotic. Viral haemorrhagic fever is transmitted by vectors and insects such as mosquitoes, ticks, sandflies and animals like bats, porcupines, rats and cattle like goat, sheep and cows.



Types of exposure & prevention

Viral haemorrhagic fevers are infectious life-threatening diseases spread by contact with infected animals, people or insects. They include a range of diseases like Crimean-Congo haemorrhagic fever, dengue, Ebola, Lassa, Marburg, yellow fever and Rift Valley fever. There is only a vaccine for yellow fever. Taking precautions is the only way to prevent infection.

Prevention:



Avoid contact with symptomatic patients, body fluids, or cadavers



Avoid places with inadequate infection measures



Avoid consumption of raw meat and milk from infected animals



Prevent mosquito and tick bites



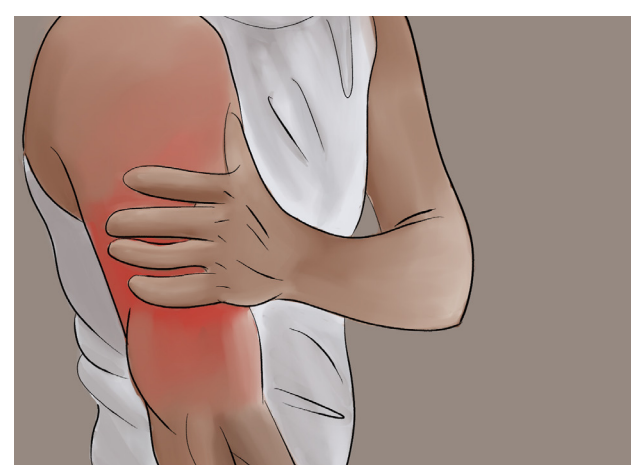
Keep rodents away from home and food stocks



Ensure hygiene, especially hand hygiene

Symptoms

Viral haemorrhagic fevers include a spectrum of relatively mild to severe life-threatening diseases characterized by:



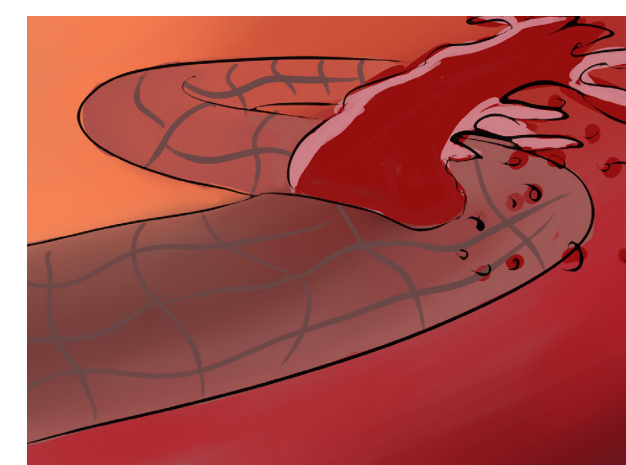
Sudden onset of muscle and joint pain



Fever



Bleeding and shock from loss of blood



Bleeding, or haemorrhaging from orifices and internal organs

Actions to take in case of symptoms:



In case of symptoms, start treatment immediately and inform your supervisor. Rest and continue treatment until you fully recover.