

SYMPTOMS

The most common symptoms are:

Headache, high fever, dizziness. Back, neck, and joint pain, stiffness, myalgia (muscle ache), stomach pain, vomiting diarrhea, red eyes, flushed face, red throat, petechiae (red spots) on the palate, sharp mood swings and confusion. After 4-7 days the agitation may be replaced by depression, sleepiness, and lassitude.

May also include Jaundice. In severe cases, changes in mood and sensory perception, hepatitis and rapid kidney deterioration, sudden liver or pulmonary failure.

As the illness progresses, large areas of severe bruising, severe nosebleeds and uncontrolled bleeding at injection sites can be seen, beginning on about the fourth day of illness and lasting for about two weeks. In documented outbreaks of CCHF, fatality rates in hospitalized patients have ranged from 10% to as high as 40%.



TRANSMISSION

Virus Distribution and Spread

Numerous wild and domestic animals, such as cattle, goats, sheep, and hares, serve as amplifying hosts for the virus. Transmission to humans occurs through contact with infected ticks or animal blood. CCHF can be transmitted from one infected human to another by contact with infectious blood or body fluids. Documented spread of CCHF has also occurred in hospitals due to, improper sterilization of medical equipment, reuse of injection needles, and contamination of medical supplies

RECOMMENDATION

Treatment

General supportive care with treatment of the symptoms is the principal strategy to managing the infection in people. The Ribavirin (antiviral drug) has been used to treat the infection. Oral and intravenous formulations seem to be effective.

Prevention and control

- Controlling CCHF in animals and ticks.
- Reducing the risk of infection in people.
- Controlling infection in health-care settings.

Agricultural workers and others working with animals should use insect repellent on exposed skin and clothing. Insect repellents containing DEET (N, N-diethyl-m-toluamide) are the most effective in warding off ticks. Wearing gloves and other protective clothing is recommended. Individuals should also avoid contact with the blood and body fluids of livestock or humans who show symptoms of infection. It is important for healthcare workers to use proper infection control precautions to prevent occupational exposure.