What you need to know about Crimean-Congo Haemorrhagic Fever (CCHF)

Question & Answer Booklet

World Health Organization

unicef — for every child
1. **How is Crimean-Congo Hemorrhagic fever transmitted?**

CCHF is transmitted to people through:
- Bites from infected ticks
- Direct, unprotected contact with infected animals including during slaughter of animals with ticks attached
- Direct physical contact with body fluids of a person suffering from CCHF
- Direct contact with a body of a person who has died of CCHF

2. **What are the signs and symptoms of CCHF?**

A person with CCHF can have the following signs & symptoms:
- Sudden on-set of high fever
- Headache
- Back pain
- Joint pain
- Abdominal pain
- Dizziness (feeling that you are losing your balance and about to fall)
- Neck pain and stiffness
- The person who has been in contact with a person who has similar symptoms or animals infested with ticks, or has had a tick bite.

In addition, the person can also have any of the following:
- Nausea
- Vomiting
- Diarrhoea
- Sore throat
- Sharp mood swings
- Confusion
- Bleeding, bruising or a rash

After 2 or 4 days, the patient may experience sleeplessness and depression.

3. **What should a person suspected to have Crimean Congo Hemorrhagic Fever do?**

The person should go for treatment at the nearest health facility immediately

4. **Who is at risk of getting Crimean Congo Hemorrhagic Fever?**

- People who look after animals
- People who slaughter animals
- People who work in butcheries
• People who drink un-boiled milk and eat raw meat (Not properly cooked)
• Health workers can also get Crimean Congo Hemorrhagic Fever through direct contact with body fluids from an infected person.

5. Can cattle, sheep and goats get Crimean Congo Hemorrhagic Fever?

No. However animals bitten by an infected tick may develop a brief illness after which the virus remains in their bodies. The Crimean Congo Hemorrhagic Fever virus can then be passed on to the tick which can in turn pass the virus to human or other animals.

6. How can Crimean Congo Hemorrhagic Fever be prevented?

Check yourself for ticks after working with animals and remove them immediately
• If your animals are infested with ticks spray them using a recommended acaricide to kill the ticks
• Avoid direct physical contact with body fluids such as blood, saliva, vomitus, stool, urine and sweat from infected persons.
• In case you get in contact with a suspected patient, wash your hands with soap and water immediately
• Do not use skin piercing instruments which have been used by a person suspected to have Crimean-Congo Haemorrhagic Fever
• Avoid direct contact with dead bodies of people who have died of Crimean-Congo Haemorrhagic Fever
• Avoid using bed linen and clothes of people who have died of Crimean-Congo Haemorrhagic Fever
• Boil milk before drinking and cook meat properly before eating.
• In case there is a person suspected to have Crimean-Congo Haemorrhagic Fever, refer to the nearest health facility.

7. Can a person sick with Crimean-Congo Haemorrhagic Fever pass the sickness to other people?

• Yes. Crimean-Congo Haemorrhagic Fever can be transmitted from the sick person to a healthy person who may become sick.
• The infection is usually through direct physical contact, body fluids or contaminated clothes.
• When a person recovers from Crimean-Congo Haemorrhagic Fever they can return to their family and community. They are not dangerous to anyone.
• There is NO VACCINE for Crimean-Congo Haemorrhagic Fever.

REMEMBER TO REPORT ALL SUSPECTED CASES IMMEDIATELY TO THE NEAREST HEALTH FACILITY
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