Crimean-Congo Haemorrhagic Fever (CCHF) is a serious disease which presents with high fever and bleeding through body openings. It kills humans in a short time BUT can be prevented.

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
- Rapid heart rate
- Rash

In addition, the person can also have any of the following:

- Nausea
- Vomiting
- Sharp mood swings
- Confusion
- Diarrhoea
- Bleeding, bruising or a rash
- Sore throat
- After 2 or 4 days, the patient may experience sleeplessness, depression and a sore throat

How is CCHF transmitted?

CCHF is spread to people through:

- Bites from infected ticks
- Direct, unprotected contact with infected animals including during slaughter of animals with ticks
- Direct physical contact with body fluids of a person suffering from CCHF diarrhoea
- Direct contact with a body of a person who has died of CCHF

How can a person avoid getting CCHF?

- 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, vomit, stool, urine and sweat from an infected person
- Wash your hands with soap and clean water immediately if you get in contact with a suspected patient
- Do not use skin piercing instruments which have been used by a person suspected to have CCHF
- Avoid direct contact with dead bodies of people who have died of CCHF
- Avoid using bed linen and clothes of people who have died of CCHF

Report all suspected cases to the nearest health facility immediately