



viral hemorrhagic fever


Epidemiology and treatment

ا.م.د. فادية عبد المحسن

Viral hemorrhagic fevers

Viral hemorrhagic fevers (VHFs) are a group of diseases that are caused by several distinct families of viruses. The term “viral hemorrhagic fever” refers to a condition that affects many organ systems of the body, damages the overall cardiovascular system, and reduces the body's ability to function on its own

These include the Ebola and Marburg, Lassa fever, and yellow fever viruses







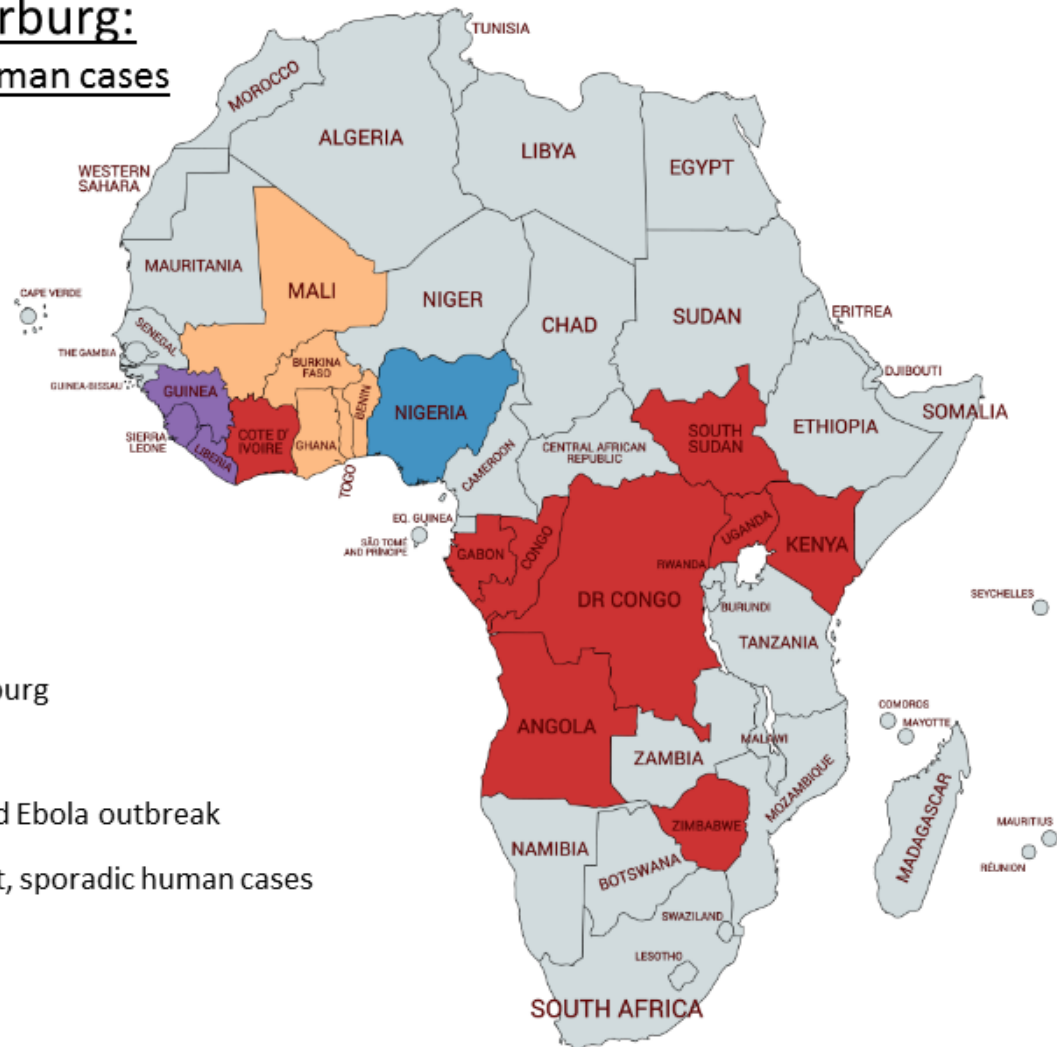
Most people get viral hemorrhagic fever through exposure to an infected arthropod, rodent or other animal. Viruses associated with arthropods are spread when a mosquito or tick bites a human.

Epidemiology

The viruses depend on their animal hosts for survival. They are usually restricted to the geographical area inhabited by those animals, or a specific arthropod vector. The viruses are endemic in areas of Africa, South America and Asia. These diseases are most common in tropical regions of the world. People who get it in the United States have recently traveled to one of these areas

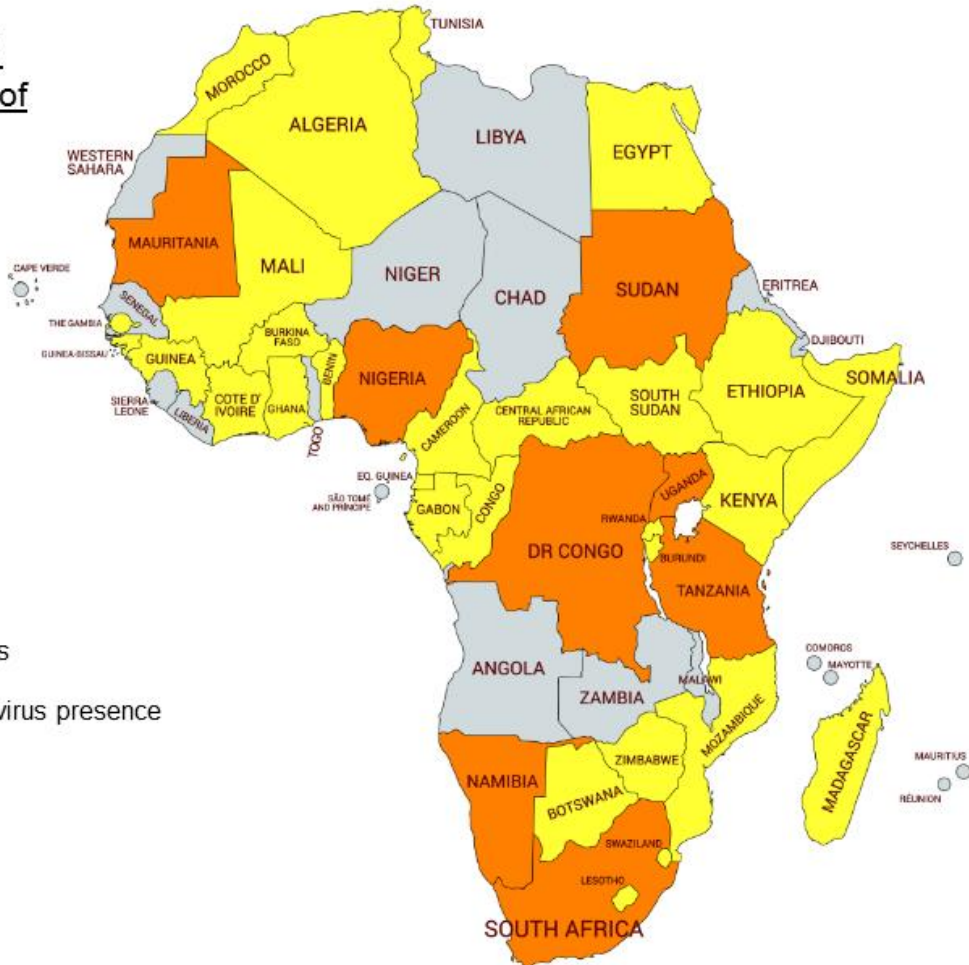
Lassa, Ebola and Marburg: Countries with confirmed human cases

-  Ebola and/or Marburg
-  Endemic Lassa
-  Endemic Lassa, and Ebola outbreak
-  Lassa virus present, sporadic human cases

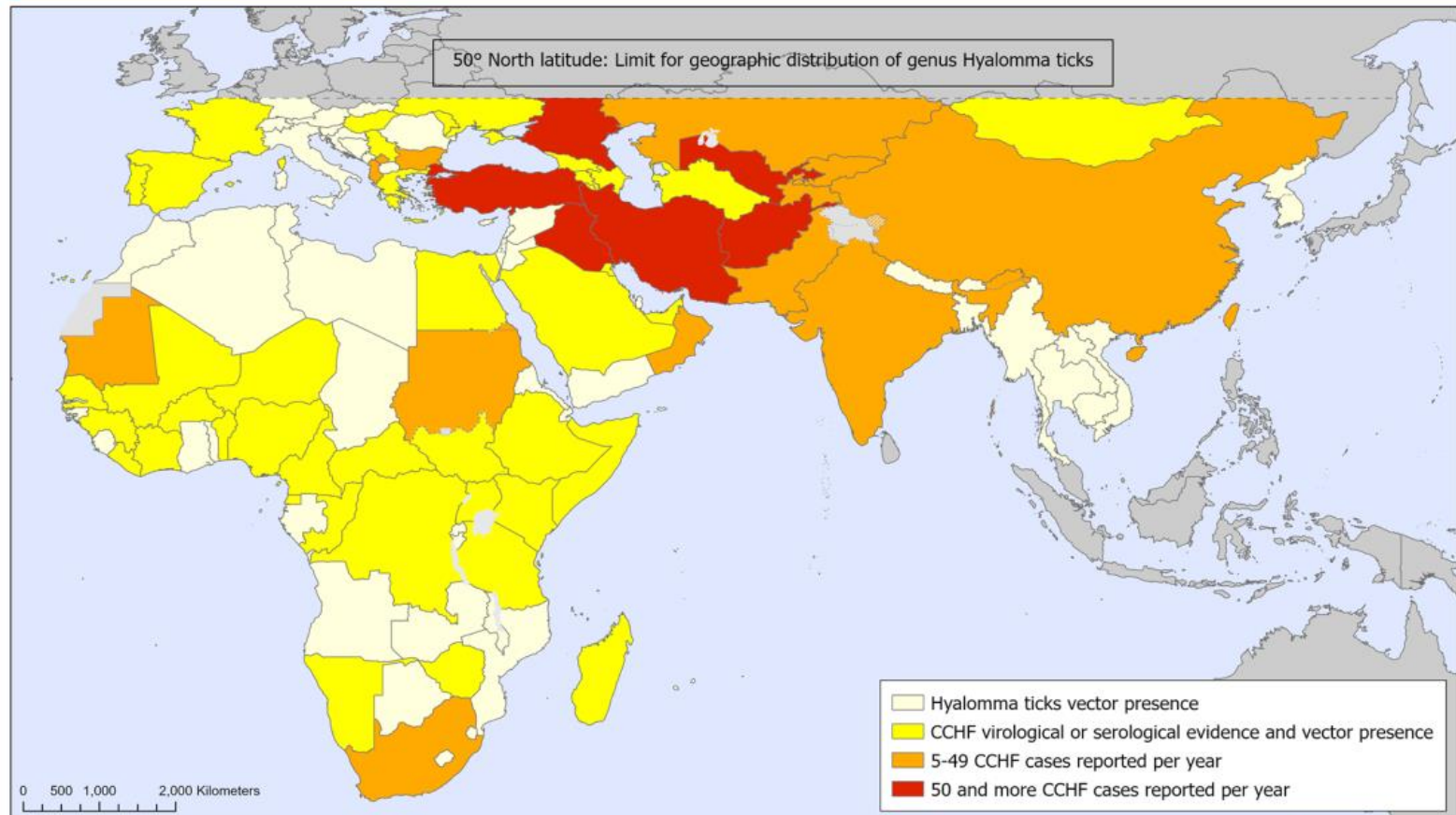


CCHF in Africa: Countries with evidence of virus presence

- Human CCHF cases
- Evidence of CCHF virus presence



Geographic distribution of Crimean-Congo Haemorrhagic Fever (2022)



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Data Source: WHO - Viral Haemorrhagic Fevers (VHF)

Map Production: Jewgeni Bader, EYE Secretariat

Map Creation Date: 01 September 2022

Treatment

***There is no cure for viral hemorrhagic fevers, but there are vaccines for only a few of them**

***The antiviral drug ribavirin may help shorten the course of some infections and prevent complications in some cases**

***Supportive care is essential. To prevent dehydration, you may need to drink fluids to help maintain the balance of electrolytes, which are minerals needed for nerve and muscle function.**

Prevention protective measures

Prevention of viral hemorrhagic fevers is difficult. If you live in, work in, or travel to areas where these diseases are common, protect yourself from infection by using appropriate protective measures when handling blood or body fluids. For example, wear gloves and eye and face protection. Precautions also include caution when handling, disinfecting, and disposing of laboratory samples and waste.

Get the vaccine

The yellow fever vaccine is generally considered safe and effective. However, in rare cases, serious side effects may occur. The yellow fever vaccine isn't recommended for children younger than 9 months old, pregnant women, especially during the first trimester, or people with weakened immune systems.

There is also an Ebola virus vaccine that protects against one type of Ebola.

Avoid mosquitoes and ticks

Especially when traveling to areas where viral hemorrhagic fevers are common.

- Be sure to wear long, light-coloured pants or long-sleeved shirts.
- *Avoid going outside, if possible, at dusk and dawn when mosquitoes are most active, and apply a mosquito repellent with a concentration of 20% to 25% (DEET) to your skin and clothing.
- * Use mosquito nets and mosquito coils if you are staying in camps or hotels.

Rodent protection

- *Keep pet food covered and stowed in rodent-proof containers.

- *Place the litter in rodent-proof containers, and clean the containers frequently.

- *Take out the trash regularly.

- *Make sure that doors and windows have tight screens.

- *Place firewood and other materials at least 100 feet (30.48 meters) away from your home