



## VIRAL HEMORRHAGIC FEVER

### WHAT IS VIRAL HEMORRHAGIC FEVER (VHF)?

VIRAL HEMORRHAGIC FEVER IS A SERIOUS ILLNESS THAT IS CAUSED BY INFECTION WITH ONE OF SEVERAL DIFFERENT VIRUS FAMILIES. THEY CAN BE SEVERE AND LIFE-THREATENING, AND ARE GIVEN THEIR NAME BY THE FEVER, EXHAUSTION, AND INTERNAL BLEEDING THAT THEY CAUSE.

### WHO GETS VHF DISEASE?

VHF ILLNESS IN HUMANS IS RARE WORLDWIDE AND EXTREMELY RARE IN THE UNITED STATES. OUTBREAKS OF VHF ILLNESS ARE GENERALLY FOUND IN AFRICA, SOUTH AMERICA, AND ASIA.

### HOW IS VHF SPREAD?

PEOPLE GET VHF ILLNESS BY TOUCHING OR BREATHING IN VHF VIRUS. SOME TYPES OF VHF ARE SPREAD FROM PERSON TO PERSON AND OTHERS ARE SPREAD BY CONTACT WITH INFECTED INSECTS OR RODENT DROPPINGS.

### WHAT ARE THE SYMPTOMS OF VHF DISEASE?

SYMPTOMS DEPEND ON THE TYPE OF VHF VIRUS. FEVER, FEELING VERY TIRED AND DIZZY, HAVING MUSCLE ACHES, AND FEELING WEAK, YELLOW SKIN AND EYES, BLOOD IN BODY FLUIDS, AND BLEEDING FROM THE MOUTH, EYES, OR EARS COULD MEAN A SERIOUS INFECTION RELATED TO VHF.

### WHAT IS THE TREATMENT VHF DISEASE?

THERE IS ONLY ONE MEDICINE THAT MAY BE EFFECTIVE AT TREATING A FEW OF THE VHF DISEASES. SUPPORTIVE CARE, INCLUDING STAYING HYDRATED, IS THE PRIMARY METHOD OF TREATMENT.

### WHAT CAN BE DONE TO PREVENT VHF DISEASE?

THERE ARE NO VACCINES TO PREVENT VHF DISEASE. STAYING AWAY FROM ANYONE WHO MIGHT HAVE THE DISEASE CAN PREVENT THE DISEASE, HOWEVER IF YOU THINK YOU HAVE BEEN INFECTED, IT IS IMPORTANT TO GET MEDICAL TREATMENT IMMEDIATELY.