

CRIMEAN-CONGO HAEMORRHAGIC FEVER

A Guide for the Public — Know the Risk, Stay Safe

For the General Public — Pakistan



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Sources: WHO · CDC · ECDC · NIH Pakistan (Updated July 2025) | May 2026

**Tick Bite**

Spread by infected Hyalomma ticks

**Sudden Fever**

High fever is the first warning sign

**Hospital Care**

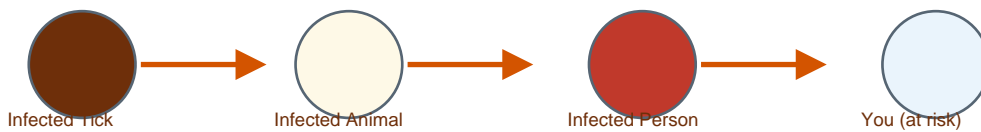
Go to hospital if you feel sick

Crimean-Congo Haemorrhagic Fever (CCHF) is a serious viral disease spread mainly by the bite of infected **Hyalomma ticks**. It can also spread through direct contact with the blood or body fluids of infected animals or sick people. CCHF is endemic (always present) in Pakistan, with cases recorded every year — especially around livestock-related festivals like **Eid ul-Adha**.

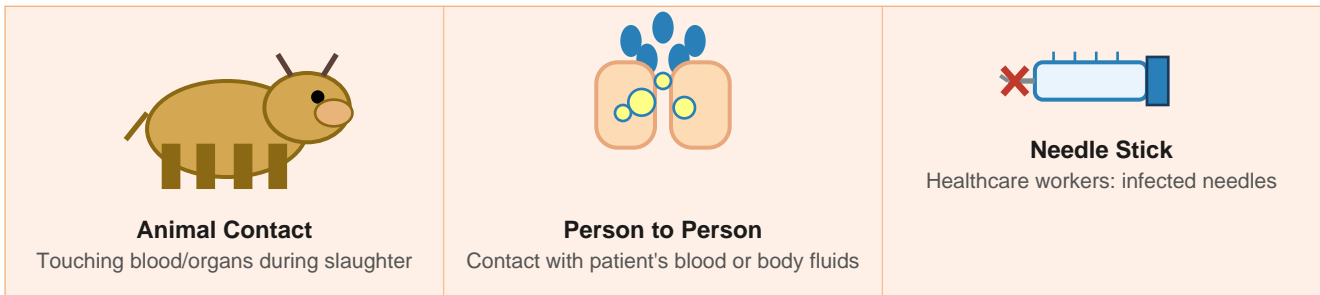
CCHF can kill 10–40% of those who develop severe disease. Pakistan records cases every year.

KEY FACTS ABOUT CCHF IN PAKISTAN

- CCHF has been recorded in Pakistan since 1976 — it is a known health risk every year
- Cases spike around **Eid ul-Adha** when people handle, slaughter, and process large numbers of animals
- Butchers, veterinarians, livestock farmers, and abattoir workers are at highest risk
- Healthcare workers who care for CCHF patients without proper protection are also at high risk
- Animals (cattle, sheep, goats) carry the virus but show **no signs of illness**
- There is **no approved vaccine** to prevent CCHF in humans



CCHF transmission chain



The 3 Main Routes of CCHF in Pakistan

1. TICK BITE — Hyalomma tick bite is the most common source.

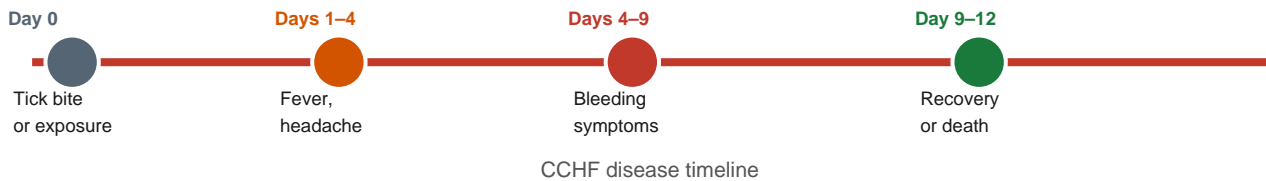
These ticks live on livestock and in rural/farming areas. They are most active from April to September. Animals do not get sick from CCHF, so you cannot tell if an animal is carrying the virus by looking at it.

2. ANIMAL BLOOD CONTACT — During Eid slaughter and at abattoirs.

Handling the blood, organs, or carcass of an infected animal — especially during slaughtering — without wearing gloves can transmit the virus.

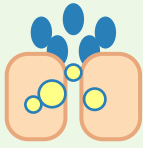
3. HUMAN-TO-HUMAN — Usually in family or healthcare settings.

Caring for a sick person without gloves or protective clothing, or having contact with their blood or body fluids.



Phase	Symptoms	What to Do
Incubation (1–14 days)	No symptoms	Not infectious. Watch for exposure history.
Early / Fever (Days 1–4)	Sudden high fever (>38.5°C) Severe headache, backache Myalgia, dizziness, nausea Flushing, red eyes	Go to hospital immediately if you have these symptoms AND exposure history
Haemorrhagic (Days 4–9)	Bleeding from nose, gums Blood in urine, stool Petechiae (red skin spots) Severe liver involvement	This is the critical stage. Hospital intensive care is essential
Recovery (Day 9+)	Gradual improvement Weakness, hair loss Memory difficulties may persist	Follow medical advice for complete recovery

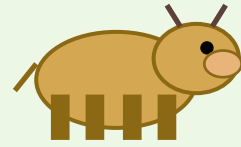
Incubation: 1–3 days after tick bite · Up to 13 days after blood contact. Seek medical care the moment you develop fever + exposure history.

**Wash Hands**

Always after handling animals or soil

**Wear Gloves**

When slaughtering or handling animals

**Check Animals**

Keep livestock tick-free

5 THINGS YOU MUST DO**1. WEAR GLOVES WHEN HANDLING ANIMALS**

During Eid slaughter and whenever you handle livestock blood, meat, or organs, always wear thick rubber or latex gloves. Wash hands thoroughly with soap and water immediately after removing gloves.

2. CHECK FOR TICKS AND REMOVE THEM SAFELY

Check your body and clothing for ticks after being outdoors or around animals. Use fine-tipped tweezers to remove ticks — grasp close to the skin and pull steadily upward. Do NOT crush, burn, or apply petroleum jelly to the tick. Wear light-coloured clothing to spot ticks easily.

3. USE TICK REPELLENTS

Apply DEET-containing repellents to exposed skin and clothing when working outdoors or with animals. Treat livestock regularly with approved tick-control products — consult your veterinarian.

4. AVOID CONTACT WITH SICK PEOPLE'S BLOOD

If a family member is sick with suspected CCHF, wear gloves before any contact. Do not share eating or drinking utensils. Wash hands after any contact.

5. SEEK MEDICAL CARE IMMEDIATELY

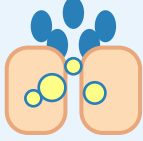
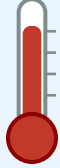

If you develop sudden high fever AND have a history of tick bite, animal slaughter, or contact with a CCHF patient — go to the nearest hospital without delay. Tell the doctor about your exposure history.

■ Eid ul-Adha Special Warning

- Buy animals from certified, tick-checked sources where possible
- Veterinarians and local health authorities should inspect animals before slaughter
- Always wear gloves during slaughter — even if only helping briefly
- Children and elderly people should not handle raw meat or animal blood
- If anyone becomes ill within 2 weeks of Eid — seek medical care and mention the exposure

WHAT HAPPENS AT THE HOSPITAL?

There is **no specific approved cure** for CCHF. However, hospital treatment can save lives by:

 <p>IV Drip Replacing fluids and electrolytes</p>	 <p>Paracetamol Controlling fever safely</p>	 <p>Blood Support Transfusions if bleeding occurs</p>
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The antiviral drug **Ribavirin** may be given by your doctor in some cases. The evidence for its benefit is still being studied, but NIH Pakistan recommends it for probable and confirmed cases when started early.

Women of childbearing age must use contraception during and for 6 months after Ribavirin treatment as it can harm an unborn baby.

Getting to hospital early is the most important thing you can do to survive CCHF.

IMPORTANT CONTACTS

NIH Pakistan Disease Surveillance (24/7)	+92-51-9255110
NIH National Health Laboratory	+92-51-9255112
Pakistan Emergency Services	1122 / 115
WHO Pakistan Office	+92-51-2279900
Provincial Health Departments	Contact your district health office

Sources: NIH Pakistan CCHF Guidelines (Updated July 2025) · WHO Fact Sheet CCHF (2025) · WHO EMRO CCHF Guidance · CDC About CCHF (2024) · ECDC CCHF Factsheet (2024) · Frank MG et al. Emerging Infectious Diseases 2024;30(5).

This booklet is for public information only. Always follow advice of qualified healthcare professionals.

DISCLAIMER

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