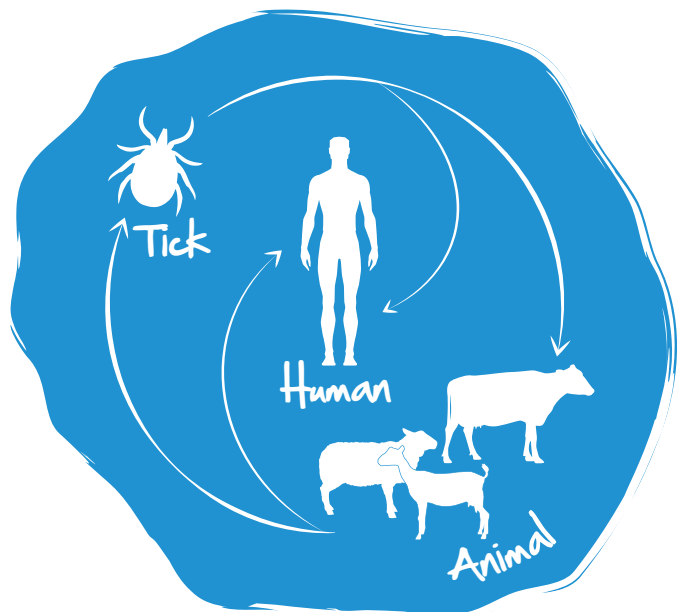


Protect yourself from Crimean-Congo haemorrhagic fever

Crimean-Congo haemorrhagic fever is a disease caused by a tick-borne virus transmitted to people either by tick bites or through contact with infected animal blood or tissues during and immediately after slaughter.



Common symptoms

The onset of symptoms usually occurs between 1 and 13 days following infection by a tick bite or contact with infected blood or tissues.

Seek prompt medical attention if you have any of the following symptoms:



Sudden onset of fever (39–41 °C)



Headache



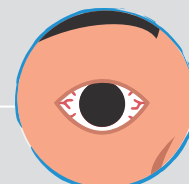
Dizziness



Sensitivity to light



Backache and muscle pain



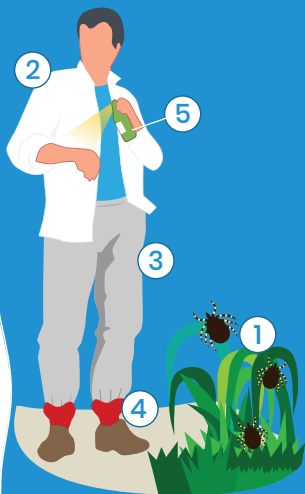
Sore eyes



Neck pain and stiffness

Preventing infection

Protect yourself from tick bites

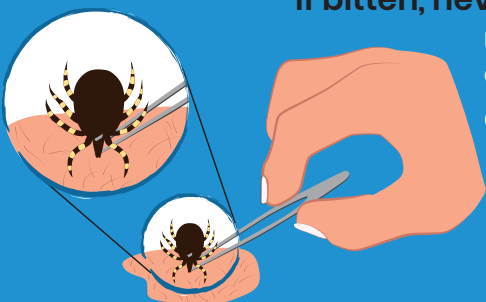


1. Avoid tick-infested areas.
2. Wear light coloured clothing to easily spot ticks.
3. Wear protective clothing (long sleeves, long pants).
4. Tuck your pant legs into your socks so that ticks cannot crawl up inside of your pant legs.
5. Use chemical repellent with DEET (on skin) and acaricides (tick killer) on boots and clothing

If bitten, never crush a tick with your hands:

Use fine-tipped tweezers to remove the tick, placing the tweezers as close as possible to the skin. Do not twist or jerk the tick.

Gently pull out all of the tick from your skin.



Wash your hands rigorously with soap and water and apply antiseptic on the bite.

