

Viral Hemorrhagic Fevers (VHFs)

What are Viral Hemorrhagic Fevers (VHFs)?

Viral hemorrhagic fevers are a group of illnesses caused by different virus types: arenaviruses, filoviruses, bunyaviruses, and flaviviruses.

VHFs include: Ebola, Marburg, Lass Fever, and Dengue Fever

Signs and Symptoms

Incubation period varies widely, and symptoms vary by disease, but generally include:

- Fever
- Fatigue
- Dizziness
- Muscle ache
- Loss of strength and exhaustion

As illness progresses, symptoms include:

- Bleeding under the skin, in internal organs, and from body openings
- Shock
- Coma
- Seizures

VHFs are serious and have fatality rates of up to 90%

Transmission (How it spreads)

Inhalation of dust that has been contaminated by infected animal feces, urine, milk, and birth products

Ingestion of contaminated and/or unpasteurized dairy products

Diagnosis and Treatment

Blood, spinal fluid, and various tissue samples can be tested at specialized facilities

There is no treatment; options are limited to supportive care

Prevention:

Avoiding contact with animals, especially those giving birth

Do NOT consume raw milk or raw milk products

Who's At Risk?

Everyone can be infected by VHFs. Those who live in or travel to countries where disease is commonly found are at a higher risk of illness

If you have symptoms, call your healthcare provider

Report cases to the Riley County Health Department by calling the Disease Investigation Line: 785-317-0474

Viral Hemorrhagic Fevers are reportable diseases in the state of Kansas. All cases must be reported to KDHE via the Epi Hotline: 877-427-7317