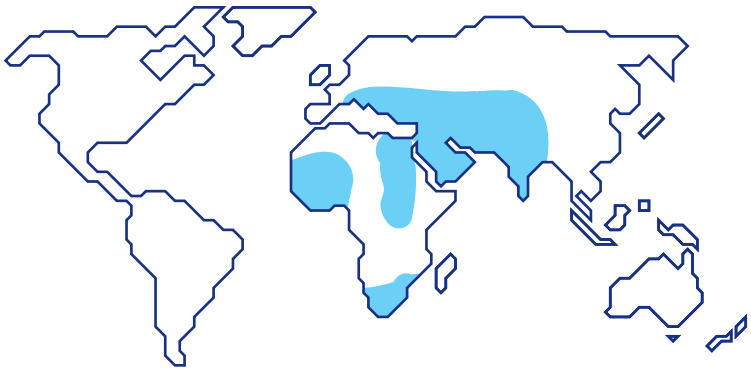
Corporate Travel Clinic
Erasmus MC

Factsheet
Crimean Congo Fever



Who

Each year, more than 1000 human cases of Crimean Congo fever are reported and the incidence is increasing. People at risk include, among others, agricultural workers, slaughter house workers, hunters, campers, hikers, and travelers to endemic rural areas in the setting of exposure to farming and slaughtering.

What

The virus is transmitted by *Hyalomma* ticks, direct contact with blood or body fluids of infected animals or patients, and incidentally from mother-to-child. Early tick stadia feed on rodents, hares, hedgehogs, and ground-dwelling birds, in which the virus is able to multiply. Infected adult ticks usually feed on domestic livestock (sheep, goat, cattle, and pig), but may also infect humans.

Where and when

The disease is endemic in parts of Africa, the Middle East, Asia, and southeastern Europe in >30 countries. In the Northern Hemisphere, transmission is common between May and September. Seasonal transmission at altitudes around 1000 meters has been reported, presumably reflecting optimum conditions for tick populations.

Prevention

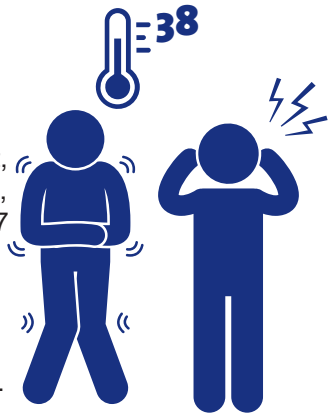
Residents of and travelers to endemic rural areas should avoid tick bites by wearing protective clothes and the use of insect repellant. Preventive measures in animal handling and slaughtering should be applied. There is no approved vaccine. A vaccine is used in Bulgaria, but its efficacy is questioned.

Treatment

There is no proven antiviral treatment; management consists of supportive care. The efficacy of the antiviral drug is controversial.

Symptoms

The incubation period ranges from 1-13 days. A period of nonspecific symptoms, including fever, headache, muscle pain, sore throat, redness of the eye, abdominal pain, and vomiting, generally lasts up to 7 days. This is followed by either recovery or progression to severe disease, in which bleeding complications, shock, multiple organ failure, and death may occur.



In case of infection

Mortality rates in endemic countries are approximately 4-20%. However, most patients with Crimean Congo fever live in rural areas and have limited or delayed access to health care facilities, which may be associated with adverse outcome.

Information provided by Corporate Travel Clinic Erasmus MC Rotterdam.
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