



Congo Fever Outbreak in Rajasthan

Why in News?

Recently, Rajasthan has reported a case of [Congo fever](#), leading to the death of a 51-year-old woman in Jodhpur.

- The state government has issued guidelines to prevent further spread of the disease, and health teams are actively tracing symptomatic individuals.

Key Points

- **Congo Fever:** Congo fever, also known as [Crimean-Congo Hemorrhagic Fever \(CCHF\)](#), is a viral disease transmitted to humans primarily through **tick bites or contact with infected animals**.
 - It can also spread through direct contact with bodily fluids of an infected person.
- **Symptoms:** The onset is sudden and includes high fever, muscle ache, dizziness, neck pain, and photophobia.
 - Severe cases can lead to hemorrhaging, liver failure, and even death.
- **Government Response:** The state has directed hospitals to improve vigilance, isolate potential cases, and conduct awareness campaigns about the disease.

//

THE DEADLY VIRUS

Crimean-Congo Haemorrhagic Fever (CCHF) virus is considered as biosafety level 4 pathogen with up to **50%** fatality rate. In case of nosocomial infection, mortality rate may go up to **80%**

It produces little or no disease in its natural hosts (animals) but causes severe infection in humans



FROM THE PAST

It was first described in the Crimea in 1944 and was found to be responsible for an illness in a human in Congo in 1956

The disease is also known as Khungribta (blood taking), KhumYmuny (nose bleeding) and Karakhalak (Black Death) in different parts of the world

WAY FORWARD

➤ Need for awareness

programmes for people living in close proximity to livestock, people working in slaughterhouses, those handling animal carcasses for livelihood and health workers

➤ Training for those working in primary healthcare centres, rural and district hospitals on biosafety issues, including isolation

➤ Better surveillance

SYMPTOMS

Headache, high fever, back, joint & stomach pain, and vomiting

Rarer signs include jaundice, severe bruising and uncontrolled bleeding

INFECTIONS IN HUMANS

The regular mode of infection in humans are tick bites, nosocomial (originating in hospital) infection, crushing of infected ticks, direct contact with CCHF virus infected blood or tissue as during slaughtering infected animals



TREATMENT

There are limited treatment options for CCHF. Ribavirin is the only known drug that is effective against it



RISK GROUP

Shepherds, campers, agricultural workers, veterinarians, abattoir workers, and other persons in close contact with livestock and ticks are at risk of infection

➤ Human-to-human transmission can be encountered in case of close contact with infected blood, secretions, organs or other body fluids of infected persons

