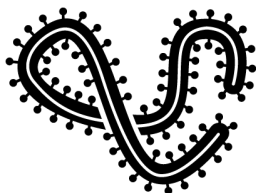




# Viral Hemorrhagic Fever

## Fact Sheet

Viral hemorrhagic fever (VHF) is a rare illness that damages many of the body's organ systems. This includes the heart and blood vessels.



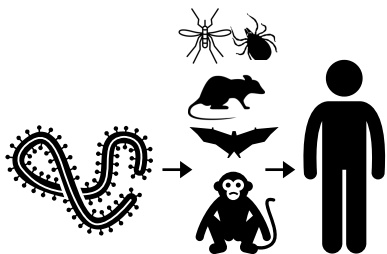
Many different viruses can cause VHF, including:

- Crimean-Congo Hemorrhagic Fever virus
- Ebola virus
- Lassa virus
- Lujo virus
- Marburg virus
- Chapare virus
- Guanarito virus
- Junin virus
- Machupo virus
- Sabia virus
- Rift Valley Fever virus

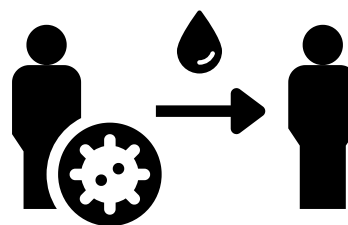
The viruses that cause VHF are not found in Maine.

## Spread

The viruses that cause VHF spread in several ways, depending on the virus:



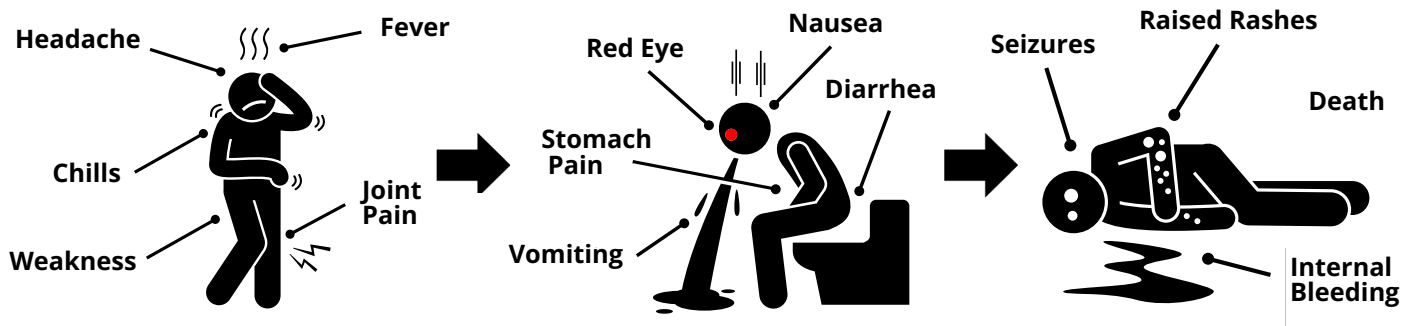
In nature, people get VHF from infected animals (especially rodents), mosquitoes, or ticks. This includes contact with urine or droppings from infected rodents.



Some VHF viruses spread person to person by contact with the blood or body fluids from an infected person. People can also get VHF through contact with objects contaminated with these body fluids.

## Symptoms

Symptoms depend on which virus causes the illness and usually start 2 to 21 days after exposure. Symptoms can include:



Symptoms can range from mild to serious, depending on which virus causes the VHF.



Call a health care provider if you have symptoms of VHF. Make sure to mention any recent travel to an area of the world where the viruses that cause VHF are more common.

Some VHF viruses have vaccines that can help decrease symptoms. Supportive care and treatment of symptoms are important for VHF. You may have to spend time in the hospital if you have VHF.

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## Prevention



**If you plan to travel to another country:**

Check federal travel guidance for your destination. Avoid eating uncooked or undercooked meat. Avoid hunting and butchering bushmeat.



Avoid direct contact with blood and body fluids of people infected with a virus that causes VHF.



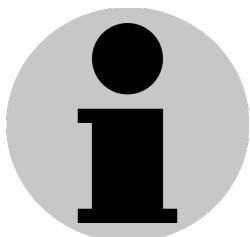
If dealing with a rodent infestation, set traps and seal up holes rodents can get through. Use a respirator when cleaning or sweeping up rodent droppings. Wash hands well with soap and water after cleaning.



Take steps to prevent tick and mosquito bites. Use insect repellents, bed nets, and wear protective clothing.

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## For More Information, Visit:



1. [www.cdc.gov/viral-hemorrhagic-fevers/hcp/](http://www.cdc.gov/viral-hemorrhagic-fevers/hcp/)
2. [www.maine.gov/ebola](http://www.maine.gov/ebola)

You can also call Maine CDC at 1-800-821-5821.