



Viral Hemorrhagic Fevers

Viral Hemorrhagic Fevers (VHFs)	
How do you get viral hemorrhagic fevers?	<ul style="list-style-type: none"> • Viral Hemorrhagic Fevers (VHF) are spread differently according to the type of virus. • People can become infected by an insect carrying a VHF virus. • You can become infected with these viruses by being in close contact with infected people or animals. • An outbreak of these viruses is a growing possibility because of travel becoming easier and more common.
How may viral hemorrhagic fevers be used as a bioterrorist agent?	<ul style="list-style-type: none"> • Viral Hemorrhagic viruses are serious biological weapons because they spread so easily. • An attack using any of these viruses in a populated area could cause many people to become sick and die. • The VHF Marburg virus, a close relative of the Ebola virus, has already been developed as a weapon.
How can I protect myself?	<ul style="list-style-type: none"> • Since some VHFs are insect or rodent borne, it helps to control those populations to avoid being bitten. Use insect repellent containing DEET, clean breeding areas, and repair entryways to your home. • Avoid close physical contact with infected patients and their body fluids.
How soon will I get sick?	Symptoms can appear within 5-7 days. The symptoms will vary depending on the type of virus you are infected with.
Symptoms?	<p>Often include:</p> <ul style="list-style-type: none"> • Fever, fatigue, dizziness, and exhaustion. • Patients who are very sick may show signs of shock, nervous system malfunction, coma, delirium, and seizures, kidney failure may also occur. • Severe cases of VHF often show signs of bleeding under the skin, in internal organs, or from the mouth, eyes, or ears.
Treatment?	Supportive therapy. There are no cures or recognized drug.