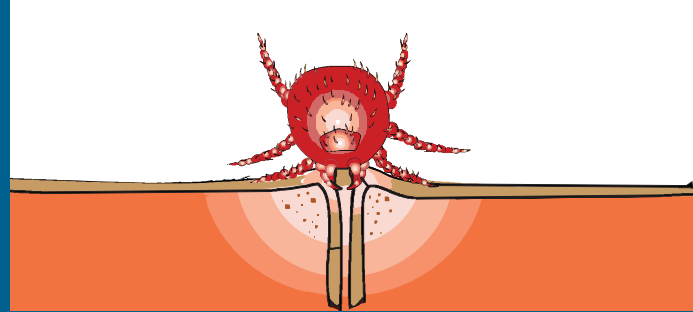


Acute febrile illness? Could it be Scrub Typhus?

Scrub typhus, a zoonotic disease caused by *Orientia tsutsugamushi*, a Rickettsial organism in human which has been reported from many states across the country.

Humans can get this disease when bitten by infected Chiggers - a larvae of a small insect called Mite from the family of *Leptotrombidium deliense*.



HOW CAN YOU INFECTED WITH SCRUB TYPHUS?

People get the disease when they visit infected ecological niche areas called as Mite Islands where mites and their chigger (larvae) are found.



Poorly maintained kitchen gardens



Abandoned plantations



Overgrown forest clearings



Shrubby fringes of fields and forests



Grassy fields



River banks and sandy beaches



Mites are also present on the body of animals such as mice and rats.

WHO IS AT RISK FROM INFECTION



Farmers



People working in orchards & shrub areas



People visiting Mite Islands

WHEN TO SUSPECT SCRUB TYPHUS?



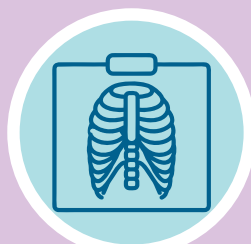
Fever, Chills, Headache, Body-aches, Muscle Pain



Presence of a dark, scab-like region at the site of the chigger bite also known as Eschar



Enlarged lymph nodes, and maculopapular rashes



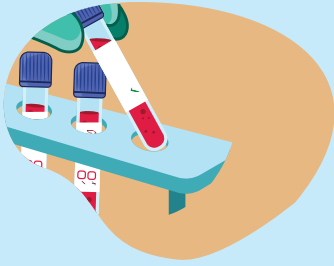
If untreated, it leads to complications such as Interstitial Pneumonia, Meningoencephalitis and Myocarditis



Common Site of Eschar- chest, abdomen, axilla, groin and genitalia. Sometime on cheek, ear lobe and dorsum of the feet

Acute un-differentiated febrile illness with fever for more than 5 days?(If not dengue, malaria, and typhoid, then **Scrub Typhus** is suspected)

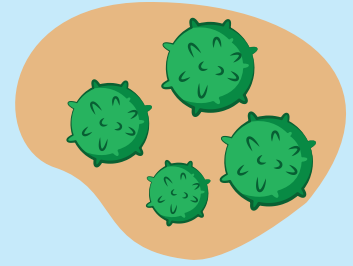
DIAGNOSIS



By serological test - Weil-Felix Test (WFT),
Enzyme linked Immunosorbent assay (ELISA)



By Molecular diagnosis – PCR



By Isolation of the organism,
Orientia Tsutsugamushi

TREATMENT

Adults

- Doxycycline 200 mg/day in two divided doses for individuals above 45kg for duration of 7 days
- Azithromycin 500 mg in a single oral dose for 5 days



Pregnant women

- Azithromycin 500 mg in a single dose for 5 days
- Azithromycin is the drug of choice in pregnant women as doxycycline is contraindicated



Children

- Doxycycline in the dose of 4.5 mg/kg body weight/day in two divided doses for children below 45kg
- Azithromycin in the single dose of 10mg/kg body weight for 5 days



If the illness is severe, with cardiac, pulmonary, renal, and central nervous systems complications, refer to a higher centre

All presumptive & confirmed cases of Scrub Typhus should be notified to the concerned District Surveillance Officer

PREVENTION



Wear fully covered clothes before visiting bushy, shrubby areas and undertaking any farming work



Apply mite repellents such as *Diethyltoluamide* to exposed skin



Apply mitecidal agents such as *Benzyl Benzoate* on clothing and bedding



Avoid sleeping on ground and going to mite-infected terrain



Treat the ground and vegetation around house or hospital with residual insecticides



Remove of shrubs & low vegetation around the houses



Rodent Population Control



Regular cleaning of animal sheds

For more information, visit the nearest Health Centre.



www.mohfw.nic.in
www.mygov.in
www.pmindia.gov.in

YouTube [mohfwindia](https://www.youtube.com/mohfwindia)
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National One Health Program for Prevention & Control of Zoonoses