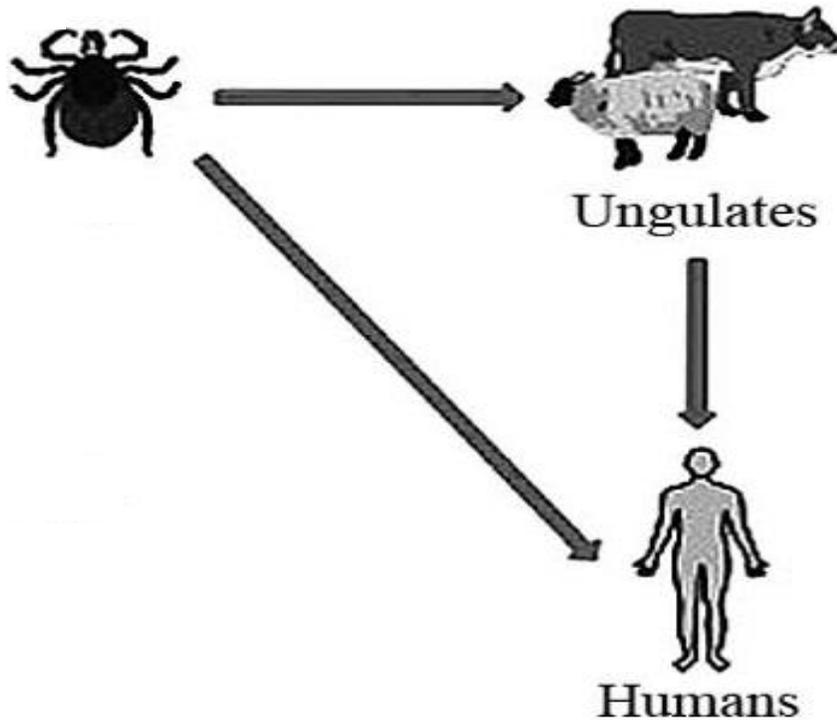




GUIDELINES FOR PREVENTION OF CRIMEAN-CONGO HAEMORRHAGIC FEVER (CCHF) AND COVID-19 DURING EID UL ADHA 2020



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BACKGROUND:

Eid al-Adha or Eid Qurban, also called the "Festival of the Sacrifice," is the second of two Islamic holidays celebrated worldwide each year, and considered the holier of the two. It honours the willingness of Hazrat Ibrahim to sacrifice his son, Hazrat Ismail, as an act of obedience to God's command. But, before Ibrahim could sacrifice his son, God provided a lamb to sacrifice instead. In commemoration of this intervention, an animal, usually a sheep, is sacrificed ritually and divided into three parts. One share is given to the poor and needy, another is kept for home, and the third is given to relatives. In the Islamic lunar calendar, *Eid al-Adha* falls on the 10th day of Dhu al-Hijjah, and lasts for three days (Wikipedia). Crimean-Congo Haemorrhagic Fever (CCHF) is a widespread disease caused by a tick-borne virus with a case fatality rate of 10-40%. Ticks are both reservoir and vector for the CCHF virus. Numerous wild and domestic animals, such as cattle, buffaloes, goats, and sheep, are silent carriers of this virus and the adult ticks feed on these animals. Although Balochistan remains the most affected Province, cases have been reported from almost all geographical regions of the country (NIH, Pakistan) beginning in 1976.

In December 2019 Chinese authorities identified an outbreak caused by a new coronavirus, SARS-CoV-2. The virus can cause mild to severe respiratory illness, known as Coronavirus Disease 2019 (COVID-19). The outbreak began in Wuhan, Hubei Province, China, and has spread to almost all countries worldwide. On March 11, 2020, the World Health Organization declared COVID-19 a pandemic. SARS-CoV-2 is different from six other, previously identified human coronaviruses, including those that have caused outbreaks of Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) (CDC, USA).

PURPOSE:

Animals, although they look normal, may carry certain disease-causing agents which could be transferred to humans, if we contact them without protection. Among these diseases, in the current circumstances, Crimean-Congo Haemorrhagic Fever is important. The purpose of this document is to guide the public regarding preventive measures against CCHF and COVID-19 (which spreads in crowds), during the Eid ul-Adha event.

MEASURES TO BE FOLLOWED:

Cattle Market Protocols

1. Be strategic and plan your trip to the animal market to get your animal(s).
2. Leave children and older people at home when you go to cattle market. The elderly are especially vulnerable to getting COVID.
3. If you are not feeling well or have a chronic condition like diabetes, hypertension, hepatitis, or cardiac disease, you should stay away from animals and crowded areas.

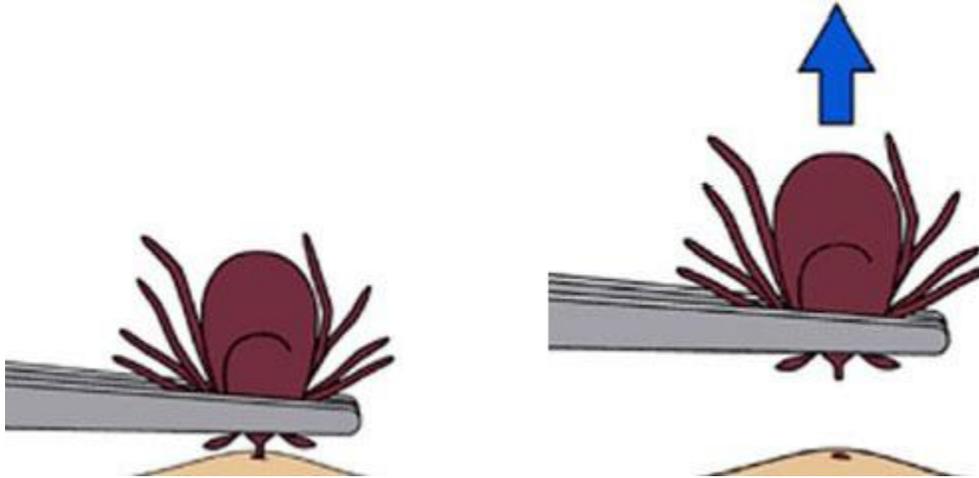
4. Animal markets are not places to eat and drink. If you are an animal seller, make sure you eat properly cooked fresh food before coming to or returning from the market. Wash your hands with soap and water before eating.
5. Use gloves and face masks while visiting cattle market and handling animals.
6. Use hand sanitizer while visiting an animal market, every time you touch an animal.
7. Use acaricides / tick repellent (diethyltoluamide (Deet[®], Autan[®]), permethrin creams (Mitonil[®], Premit[®]) to the skin or permethrin spray (Scabnil[®]) on pant legs and sleeves, on clothing and skin while visiting animal market or handling animals.
8. Strictly maintain physical distancing (at least 2 meters) during purchase of animals
9. Animals should be treated with acaricides (Ivermectin subcutaneous injection, spray/dip/bath with Seguvon[®] /Neguvon[®]/EcoFlea[®], etc) before entering the cattle market to avoid tick infestation.
10. The animal seller should contact a veterinarian in case the animal has a high grade fever to rule out Tick Fever.

Tick Infestation Prevention

11. Reduce the risk of infection (CCHF) from animals to humans. Make sure you stay away from ticks. Wear long sleeved shirts and trousers. Wear light colored clothes when going to the animal market so that you can easily see ticks. If you find a tick on your skin, remove the tick as soon as possible. Using a plain set of fine-tipped tweezers, remove the tick (CDC, USA).

How to remove a tick

- a) Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- b) Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- c) After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
- d) Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.



Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

12. If ticks are observed on animals, use acaricides or contact a nearby Veterinarian. Crushing the tick with your hand can give you the disease. Also spraying alcohol on the tick will help it to release saliva and spread the CCHF virus so do not spray alcohol on the tick.

Guidelines during Sacrifice

13. Keep children away from animals so they do not take them for grazing.
14. Do group sacrifice rather than individual sacrifice. Also follow the circular released by the government.
15. Wear (long rubber) gloves, goggles and protective clothing (plastic apron to avoid penetration of blood) during animal sacrifice and while handling animal meat, carcass and other animal products.

Disinfection and Decontamination

16. Disinfect the vehicle used for transportation of animals using bleach (1:10).
17. Clean the slaughtering area, animal's rope/chain and anything which was in contact with the animal with household bleach.
18. Use a disposable (plastic or cloth) sheet for meat processing. Clean the disposable sheet with 2% glutaraldehyde (Brand Name Cidex or Glutihyde) or 1% hypochlorite, and

dispose it of by burying it in soil. Clean the floor or table top with wet wipes dipped in 70% alcohol or household bleach (1:10).

Waste Management

19. Properly dispose of animal waste in designated area. In case of dead animal, dispose of the dead animal by spraying the animal body with bleach (1:10) and deep burial. After disposal of dead animal, wash hands with soap and water for at least 20 seconds focusing on all contaminated areas of hands.

Meat distribution and Eid greetings

20. While collecting and distributing meat during Eid, maintain physical distance and hand hygiene. Wash your hands with soap and water before leaving home. Leave the meat in a clean plastic bag using gloves, on a clean surface and let the person receiving the meat collect it while you maintain 6 feet of distance. Wash your hands with soap and water when you return home. Make sure your hands are clean before you touch your face.
21. Cancel social and religious gatherings. Where possible, consider virtual alternatives using platforms such as television, radio, web streaming, or social media.
22. Greet people with your words rather than with physical contact.

Guideline for home sacrifice.

23. Prepare a CCHF-COVID kit at home from easily available items at grocery stores, which would include: Hand Sanitizer, Kitchen Rubber gloves, plastic apron, Mask or anything to cover nose and mouth, sunglasses to cover eyes and commonly available rubber boots. Also cover any existing cut or break in the skin with a bandage.
24. Place the animals far from the residential area where persons (especially kids) from home cannot touch them.
25. Encourage the sacrifice of the animal at a distant and dry place away from home and designate only one person from home to be involved to do the sacrifice.
26. Distribution of meat can be performed from same area rather bringing all the meat to the home.
27. The person performing sacrifice can bring a limited amount of meat to the home using gloves, masks and after wrapping the meat in plastic.
28. Process the meat by wearing gloves and disinfect the area (sinks, taps table) and utensils (knives, vessels, cutting boards etc.) with bleach.
29. After processing, wash the meat properly and drain the blood as much as possible.
30. Cook the meat on high flame before use.