



What is Rabies?

Rabies is a fatal **viral infection** of the **brain** passed from **animals to humans**

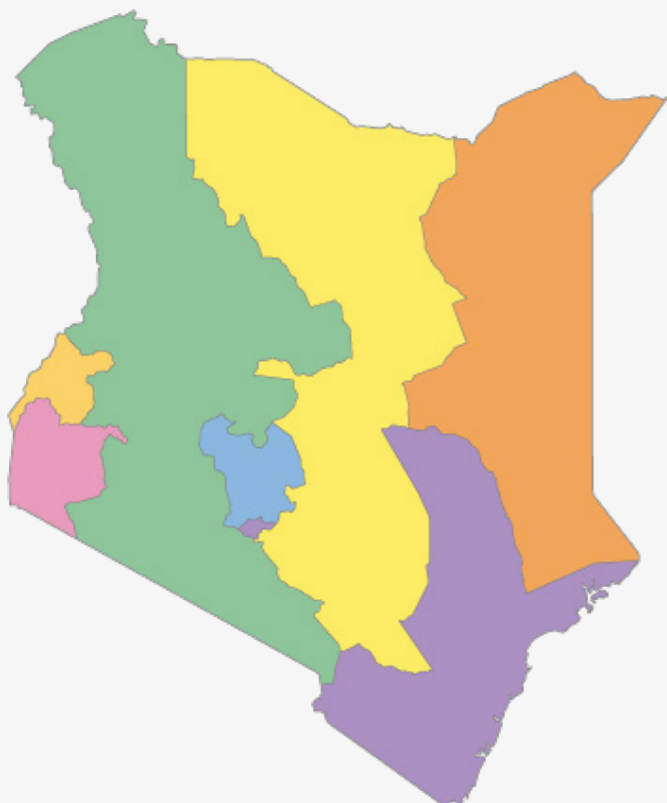
Dogs, raccoons, skunks, foxes, coyotes, bats and other **mammals** can also **transmit the disease**

Rabies is mainly a **disease of animals**. **Humans** get **rabies** when they are **bitten by infected animals**

If **exposed**, there may not be **symptoms immediately**, in some **cases, weeks** and even **months** can pass after a bite before **symptoms appear**. Symptoms can include **pain, fatigue, headaches, fever, irritability**, and **hydrophobia (fear of water)**

Did You Know?

- First confirmed **rabies case** was recorded in **1912**
- The **true burden** of the disease is **masked** by the **poor surveillance system**



Facts In Kenya About Rabies

- Kenya has a **100 year history** of **rabies**
- **Domestic dogs** transmit at least **98%** of **human rabies** in Kenya
- It is estimated that **2000 human deaths** occur **annually** in **Kenya** due to **rabies**

Rabies Vaccine

Rabies vaccines are given to people with a high risk of exposure to offer protection

It can also **prevent** the **disease** if it is given to a **person** after they have **been exposed**. **Rabies vaccine** is made from an inactivated (killed) rabies virus



A Quick Guide to Staying Safe!

1. PREVENTION VACCINATION {NO EXPOSURE}



- People with a **high occupational risk of exposure to rabies**, such as **veterinarians, animal handlers, laboratory workers, speleologists**, and others should be offered the **rabies vaccine**



- The **vaccine** should also be **considered for** :
 - People whose **activities** bring them into **frequent contact** with **wild animals** or **animals** that could **potentially be infected**

- **International travelers** who are likely to come in **contact with animals** in parts of **the world** where **rabies is common**

DOSES



The **pre-exposure** schedule for **rabies vaccination** is;

3 doses, given at the following times :

Dose 1 : As appropriate

Dose 2 : 7 days after Dose 1

Dose 3 : 21 days or 28 days after Dose 1

For **laboratory workers** and others who may be repeatedly exposed to the **rabies virus**, **periodic testing** for **immunity** is **recommended** and **booster** doses should be given as needed.

(Testing or booster doses are not recommended for travelers)

Ask your doctor for details

Rabies Vaccine

2. VACCINATION AFTER {AN EXPOSURE}



• Anyone who has been **bitten by an animal**, or who otherwise may have been **exposed to rabies**, should **clean the wound** and **see a doctor immediately**. The doctor will determine if they need to be **vaccinated**



• A **person** who is **exposed** and has **never been vaccinated** against **rabies** should get **4 doses** of **rabies vaccine**—**one dose right away**, and **additional doses** on the **3rd, 7th and 14th days**. They should also get **another shot** called **Rabies Immune Globulin** at the same time as the **first dose**

• A person who has been **previously vaccinated** should get **2 doses of rabies vaccine**—**one right away** and **another** on the **3rd day**. **Rabies Immune Globulin** is not needed

TALK WITH YOUR DOCTOR



Talk with a doctor before getting rabies vaccine if you:

1. Ever had a **serious (life-threatening) allergic reaction** to a previous dose of **rabies vaccine**, or to any component of the **vaccine**; **tell your doctor** if you have any **severe allergies**

2. Have a **weakened immune system** because of :

- **HIV/AIDS** or **another disease** that affects the **immune system**
- **Treatment** with **drugs** that affect the **immune system**, such as **steroids**
- **Cancer or cancer treatment** with **radiation** or **drugs**

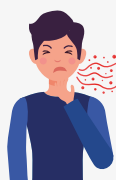
If you have a **minor illnesses**, such as a cold, you can be **vaccinated**. If you are **moderately or severely ill**, you should probably wait until you recover before getting a **routine (non-exposure) dose of rabies vaccine**



Risks from Rabies vaccine

A **vaccine**, like any **medicine**, is capable of **causing serious problems**, such as **severe allergic reactions**. The **risk** of a **vaccine** causing **serious harm, or death**, is extremely **small**. Serious problems from **rabies vaccine** are **very rare**

Mild Problems



Soreness



Redness



Itchiness



Swelling



Headache



Nausea



Abdominal Pain



Muscle Aches



Dizziness

where the shot was given **30% - 74%**

where the shot was given **5% - 40%**

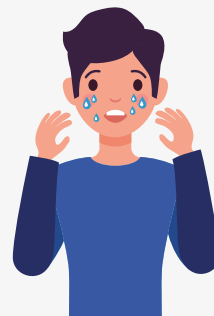
Moderate Problems



Hives



Pain in the joints



Fever

Other **nervous system disorders**, such as **GuillainBarré syndrome (GBS)**, have been reported after **rabies vaccine**, but this happens so **rarely** that it is not known whether they are **related** to the **vaccine**

Signs for a Serious Reaction

What should You look for?

- Look for **anything** that **concerns you**, such as signs of a **severe allergic reaction**, **very high fever**, or **behavior changes**
- **Signs of a severe allergic reaction** can include **hives**, **swelling of the face and throat**, **difficulty breathing**, a **fast heartbeat**, **dizziness**, and **weakness**. These would start a **few minutes** to a **few hours** after the **vaccination**



What should You do?

- If you think it is a **severe allergic reaction** or other **emergency** that can't wait, **call 9-1-1, 999, or 112** or get the **person to the nearest hospital**. Otherwise, **call your doctor**

TO LEARN MORE;

- Ask your **doctor**
- Call your **local** or **state health department**
- Contact the **Centers for Disease Control and Prevention (CDC)**:
- Visit CDC's rabies website at www.cdc.gov/rabies/

