



Lujo haemorrhagic fever: information sheet for category 1 contacts

You have been given this information sheet because you have been in possible contact with someone infected with Lujo virus, a virus that causes a disease called Lujo haemorrhagic fever, or materials contaminated with Lujo virus. As your exposure has been assessed as very low risk, it is very unlikely that you have caught Lujo haemorrhagic fever, and you can continue your usual activities. However, as a precaution, if you feel unwell with a fever (temperature of 37.5°C or higher) or other symptoms suggestive of Lujo haemorrhagic fever within 21 days of your last possible exposure to Lujo virus, call NHS 111 and tell them that you have been in possible contact with Lujo virus.

About Lujo haemorrhagic fever

Lujo haemorrhagic fever is a very rare but serious disease caused by Lujo virus. Most information about Lujo haemorrhagic fever comes from the only outbreak, which occurred in 2008. This outbreak was linked to a person from Zambia who sought healthcare in South Africa, leading to further cases in South Africa.

How Lujo virus spreads

Lujo virus can spread by:

- direct contact with the organs, blood, secretions, or other bodily fluids of an infected person, for example their vomit, faeces, urine, saliva, or semen (including through sexual transmission)
- contact with objects, such as needles or soiled clothing, that have been contaminated with infected bodily fluids
- contact with infected rodents

Lujo virus is not spread through routine, social contact (such as shaking hands or sitting next to someone) with people who do not have symptoms. There is no evidence that Lujo virus can spread through the air.

It can take up to 21 days from when someone is exposed to the virus for symptoms to appear.

Symptoms of Lujo haemorrhagic fever

When symptoms occur, they range from mild fever with sore throat, to chest pain and later bleeding. The illness begins with:

- fever (temperature above 37.5°C)
- headache
- sore throat
- generalised aches and feeling unwell

The disease increases in severity with:

- a rash
- facial and neck swelling
- diarrhoea

Preventing and treating Lujo haemorrhagic fever

There is currently no licensed vaccine for Lujo virus. To avoid Lujo virus spreading between people, those caring for individuals with possible or suspected Lujo haemorrhagic fever should avoid contact with the patient's bodily fluids and should wear personal protective equipment (PPE).

Treatment for Lujo haemorrhagic fever is with supportive care, including balancing fluids and electrolytes, maintaining the patient's oxygen status and blood pressure, and treating any other infections they may have at the same time.

Your risk of developing Lujo haemorrhagic fever

You are not considered to be at risk of having caught Lujo haemorrhagic fever. This is because although you have had contact with someone known to have Lujo haemorrhagic fever, their bodily fluids, or potentially infectious materials, you have reported that **you have not**:

- been in **close (less than 2 metres) or direct contact** with someone known to have Lujo haemorrhagic fever **without** appropriate PPE, while they had symptoms
- been in **direct contact** with the body fluids (or items contaminated with body fluids, such as bedding) from someone known to have Lujo haemorrhagic fever while they had symptoms, **without** appropriate PPE
- been in **direct contact** with the body of someone who died who was known to have Lujo haemorrhagic fever, **without** appropriate PPE

Your family and household contacts are not at risk of catching Lujo virus from you. There are no restrictions on your activities, and there are no monitoring or reporting requirements.

What to do if you become ill

It is extremely unlikely that you have caught Lujo virus. However, if you feel unwell with any of the symptoms of Lujo haemorrhagic fever as listed above within 21 days of your possible contact with Lujo virus, **stay at home**. Take your temperature if you have a thermometer available. It is important to take your temperature before you take any medicines such as paracetamol, ibuprofen or aspirin, as these can reduce your temperature.

After taking your temperature, call NHS 111 and tell them that you have had possible contact with Lujo virus. Let them know if your temperature is 37.5°C or higher. They will arrange for you to be assessed by an appropriate clinician.

In an emergency, you should call 999 and tell them about your symptoms and that you have had possible contact with Lujo virus.

Your designated contact number is – Delete this text and type number

Further information

More information about Lujo haemorrhagic fever can be found at:

- Lujo virus: origins, reservoirs, transmission and guidelines
(www.gov.uk/guidance/lujo-virus-origins-reservoirs-transmission-and-guidelines)

Document information

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