Rabies is a unique zoonotic disease of public health importance in Asia including Myanmar. Thus, we would like to provide key information regarding rabies -- including how to prevent it.

What is rabies?
- Rabies is a viral disease transmitted by rabid animals to humans.
- It is almost always fatal – but preventable.
- The rabies virus can infect animals such as dogs, cats, mongooses, jackals and foxes.

What is risk of rabies transmission in the world?

<table>
<thead>
<tr>
<th>Rabies, countries or areas at risk</th>
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</thead>
<tbody>
<tr>
<td>No risk</td>
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</table>

How can we recognize a rabid dog?
- Rabid animals:
  - are aggressive and bite without provocation.
  - have a tendency to eat sticks, paper.
  - have a tendency to run for no apparent reason.
  - bark and growl hoarsely.
  - salivate or foam excessively.

How can we recognize rabid dog?

How to recognize rabies in people?
- Incubation period for rabies - i.e. the period between exposure to an infection and the appearance of first symptoms - is typically 1–3 months, but may vary from 1 week to years.
- Duration of incubation depends on risk factors eg, site of bite, severity of bite and viral load.
- Clinical symptoms of human rabies appear in phases:
  - initially, pain or a tingling sensation at the site of infection
  - restlessness
  - fear of water (hydrophobia)
  - excessive salivation
  - convulsion
  - finally, death

How can we get rabies?
- Dogs are the main source of human rabies transmission.
- Anyone can be infected with rabies.
- People can be infected following a deep bite or scratch from a rabid animal.
- Transmission of rabies can also occur when infectious saliva comes into direct contact with fresh skin wounds.
- Human-to-human transmission is possible but a very rare event.
- Rabies is not transmitted through consumption of boiled milk or cooked meat.
Bites to the face, neck or finger tips are a medical emergency. Consult a health professional immediately. Preventive measures are given on page 3

- Immediately wash the wound for about 15 minutes with soap and water.
- Apply antiseptics

- In people, when bitten, thorough washing of bite wound with soap and water is simple and vital to help prevent rabies.

- In animals, vaccinating dogs is the most cost-effective and sustainable strategy to prevent rabies in dogs as well as in people.

- All of us can help raise awareness of rabies, how to prevent rabies and how to prevent dog bites.

World Rabies Day 2018 theme:
Rabies: Share the message. Save a life.

28 September 2018
Pre-exposure vaccination for rabies is recommended for people considered to be at higher risk:

- veterinary professionals
- animal handlers
- wildlife rangers
- laboratory workers
- health personnel caring for human rabies cases.

If you have been vaccinated against rabies, and exposed, you may need a booster dose of rabies vaccine. In this event, please consult health professionals.

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Preventive measures after being bitten by potentially rabid animals

Preventive measures for rabies vary according to exposure. The summary below is useful for health professionals and interested members of the public.

<table>
<thead>
<tr>
<th>exposure to suspect rabid animal</th>
<th>preventive measure(s)</th>
</tr>
</thead>
</table>
| touching or feeding an animal, or licks on intact skin (category I exposure) | * washing of exposed skin  
* no vaccination required |
| nibbling of uncovered skin, minor scratches or abrasions without bleeding (category II exposure) | * washing bite wound with soap and water  
* immediate vaccination |
| single or multiple bites, or scratches deep into the skin (category III exposure). This includes licks on broken skin, eyes or mouth. It also includes direct contact with bats. | * washing bite wound with soap and water  
* immediate vaccination  
* administration of rabies immunoglobulin (to boost immunity against rabies) |

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For more information on WHO recommended rabies vaccination schedule, and administration of rabies immunoglobulin please visit WHO HQ website:

http://www.who.int/rabies/en/
5 tips to prevent dog bites

1. Don’t disturb or frighten a dog, particularly while eating or being tied up.

2. Keep away from dogs when they appear angry or scared.

3. Don’t move if a dog approaches you. If you fall near a dog, act as if you were a stone.

4. If you are approaching a dog, do so slowly and quietly.

5. If a dog bites you, wash the wound with soap and water immediately and thoroughly.
   - Consult a health professional without delay.


for more information on rabies, please visit WHO HQ and WHO SEARO websites: