

Guidelines for the Management of Scrub Typhus

1. Medical Officers

(a) Clinical Suspected Case of Scrub Typhus

A Case of high grade fever, body aches (with chills and rigor), rash (2-5 days) in a vulnerable group in monsoon and post monsoon period.

Vulnerable Group:-

Agriculturist/Horticulturist/Labourer working in fields/Orchard
/People going for recreational activities.

(b) Presumptive treatment .

Any Clinical suspected case of Scrub typhus .

First Choice- Empirically start Doxycycline (twice a day for 5- 7 days) immediately, (for adults 100 mg twice a day and for children 2 to 4 mg/Kg body weight per day with **plenty of water, after meals**). If Doxycycline is contraindicated (especially in pregnancy) or intolerant to Doxycycline then; Azithromycin 500 mg once a day for 3-5 days.

Sick patients with high index of suspicion of Scrub Typhus (signs of multi-organ dysfunction) should be referred to higher center after starting Doxycycline.

Patient to be reviewed on daily basis and if not improving/condition deteriorates within **48-72 hrs** should be referred to the higher institution.

No Cephalosporins/Quinolones should be started empirically during suspicion of scrub Typhus.

Blood can be collected and sent to laboratory for appropriate tests for Scrub typhus.

2. Block Medical Officers

Sensitization of community and Health care providers in pre-monsoon period (June-July) every year

Distribution of hand bills.

Holding of small Orientation Camps, especially in areas where number of scrub typhus cases are reported on higher side.

Monitoring of stock of Doxycycline on daily basis at Peripheral Health Institutions.

3. Chief Medical Officers/Sr. Medical Superintendents/District Surveillance officers

- a. Information to state surveillance unit through IDSP data entry operators, (idspnhmhp@gmail.com) about number of positive scrub typhus cases detected /death on daily basis.
- b. Audit of scrub typhus cases including death with regards to treatment history.
- c. Should ensure the availability of Elisa testing kit and working of Elisa readers in District/Zonal Hospital.
- d. Sensitisation about scrub typhus through news papers, electronic media (Radio/TV).