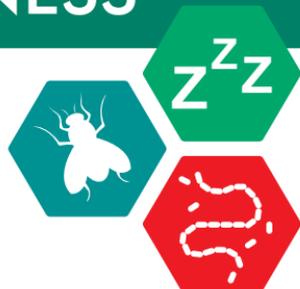


# SLEEPING SICKNESS

A young man is fighting for his life in a Johannesburg hospital after contracting East African Sleeping Sickness (Trypanosomiasis) during a visit to Uganda. Sleeping sickness is a parasitic disease transmitted from animals to humans or from humans to humans by the bite of the tsetse fly.



## THE DISEASE

SYMPTOMS + SIGNS + PROGRESSION



HEADACHE

FEVER

JOINT PAIN +  
LIMB STIFFNESS

ENLARGED  
LYMPH NODES

NERVOUS  
SYSTEM

BRAIN  
INVOLVEMENT

Following an infected tsetse bite, the parasite multiplies, causing non-specific symptoms and signs such as headache, fever, weakness, joint pain, enlarged lymph nodes and limb stiffness. The acute form of the disease is often misdiagnosed as malaria as it presents in a similar fashion. Victims often report a painful bite and may develop a

typical lesion (chancres) at the bite site. People who become infected may or may not show signs of illness immediately, but over time the parasite crosses the blood-brain barrier and migrates to the central nervous system. Brain involvement may lead to psychiatric disorders, seizures, coma and ultimately death.

East African  
**ACUTE**  
Sleeping Sickness

VS

West African  
**CHRONIC**  
Sleeping Sickness



East African Sleeping Sickness, is acute, lasting from a few days to weeks in travellers, while West African Sleeping Sickness is chronic, generally progressing slowly over several years.

The acute form causes multi-organ failure at an early stage.

## PREVENTION

**AVOID** tsetse bites by **COVERING UP** as much skin as possible



Insect-repellent is **LESS** effective

There is **NO** vaccine available



Consider the diagnosis in any **FLU-LIKE ILLNESS** following a visit to a known affected area

A more common reason for a flu-like illness in Africa would be malaria, but Sleeping Sickness is very often **MISDIAGNOSED** as malaria in the first couple of days

Be on the look out for a chancres and enlarged lymph nodes: this does **NOT** occur in malaria

**NOT EVERY FEVER IS MALARIA**



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