

PUBLIC HEALTH BULLETIN-PAKISTAN

# Integrated Disease Surveillance & Response (IDSR) Report

Center of Disease Control  
National Institute of Health, Islamabad

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08<sup>th</sup> November, 2025

Integrated Disease Surveillance & Response (IDSR) Weekly Public Health Bulletin is your go-to resource for disease trends, outbreak alerts, and crucial public health information. By reading and sharing this bulletin, you can help increase awareness and promote preventive measures within your community.

## Public Health Bulletin Pakistan

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## Overview

Public Health Bulletin - Pakistan, Week 42, 2025

## IDSR Reports

## Ongoing Events

## Field Reports

*The Public Health Bulletin (PHB) provides timely, reliable, and actionable health information to the public and professionals. It disseminates key IDSR data, outbreak reports, and seasonal trends, along with actionable public health recommendations. Its content is carefully curated for relevance to Pakistan's priorities, excluding misinformation. The PHB also proactively addresses health misinformation on social media and aims to be a trusted resource for informed public health decision-making.*

*This Weeks Highlights include;*

- *Strengthening Frontline Preparedness; Integrating One Health into Pakistan's FETP Curriculum*
- *Knowledge hub on Viral Hepatitis A& E: What you need to know*

*By transforming complex health data into actionable intelligence, the Public Health Bulletin continues to be an indispensable tool in our collective journey toward a healthier Pakistan.*

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*Stay informed. Stay prepared. Stay healthy.*

*Sincerely,  
The Chief Editor*

**Note: All reported cases in this report are suspected cases**

...cases were of Malaria, followed by Acute Diarrhea (Non-Cholera), ILI, ALRI <5 years, TB, B. Diarrhea, VH (B, C & D), dog bite Typhoid and SARI.

- Twenty-three cases of AFP reported from KP, eleven from Sindh, five from AJK and one from GB.
- Twelve suspected cases of HIV/ AIDS reported from Sindh, five from KP and two from Balochistan.
- Among VPDs, there is an increase in number of cases of Measles, Meningitis, AFP and Chickenpox this week.
- Among Respiratory diseases, there is an increase in number of cases of ILI, ALRI <5 years, TB and SARI this week.
- Among Water/food-borne diseases, there is decrease in number of cases of Acute Diarrhea (Non-Cholera) and Typhoid this week.
- Among Vector-borne diseases, there is decrease in number of cases of Malaria this week.
- Among STDs, there is decrease in number of cases of HIV/AIDs this week.
- Among Zoonotic/Other diseases, there is decrease in number of cases of dog bite and VH(B,C&D) this week.

## IDSR compliance attributes

- The national compliance rate for IDSR reporting in 158 implemented districts is 78%
- Sindh is the top reporting region with a compliance rate of 98%, followed by AJK 95%, GB 92% and ICT 71%.
- The lowest compliance rate was observed in KP 67% and Balochistan 55%.

| Region                      | Expected Reports | Received Reports | Compliance (%) |
|-----------------------------|------------------|------------------|----------------|
| Khyber Pakhtunkhwa          | 2704             | 1820             | 67             |
| Azad Jammu Kashmir          | 454              | 433              | 95             |
| Islamabad Capital Territory | 38               | 27               | 71             |
| Balochistan                 | 1308             | 716              | 55             |
| Gilgit Baltistan            | 410              | 377              | 92             |
| Sindh                       | 2111             | 2068             | 98             |
| National                    | 6986             | 5289             | 78             |



## Public Health Actions

Federal, Provincial, Regional Health Departments and relevant programs may consider following public health actions to prevent and control diseases.

### Typhoid

- **Enhance Case Detection and Reporting:** Strengthen typhoid surveillance within the Integrated Disease Surveillance and Response (IDSR) system by training healthcare providers on standard case definitions, timely notification, and outbreak detection, particularly in high-burden and underserved areas.
- **Improve Laboratory Diagnosis:** Expand laboratory diagnostic capacity for typhoid by supporting culture and sensitivity testing for MDR and XDR detection at district and provincial levels to confirm cases and guide antimicrobial stewardship.
- **Promote Water, Sanitation, and Hygiene (WASH):** Collaborate with relevant sectors to ensure access to safe drinking water, improve sanitation infrastructure, and promote hygiene practices, especially handwashing with soap.
- **Implement Vaccination Strategies:** Support the scale-up of Typhoid Conjugate Vaccine (TCV) through routine immunization and targeted campaigns in high-risk populations.
- **Raise Community Awareness:** Develop culturally appropriate health education campaigns to inform communities about transmission routes, preventive behaviors (e.g., safe food handling and hygiene), and the importance of early care-seeking.

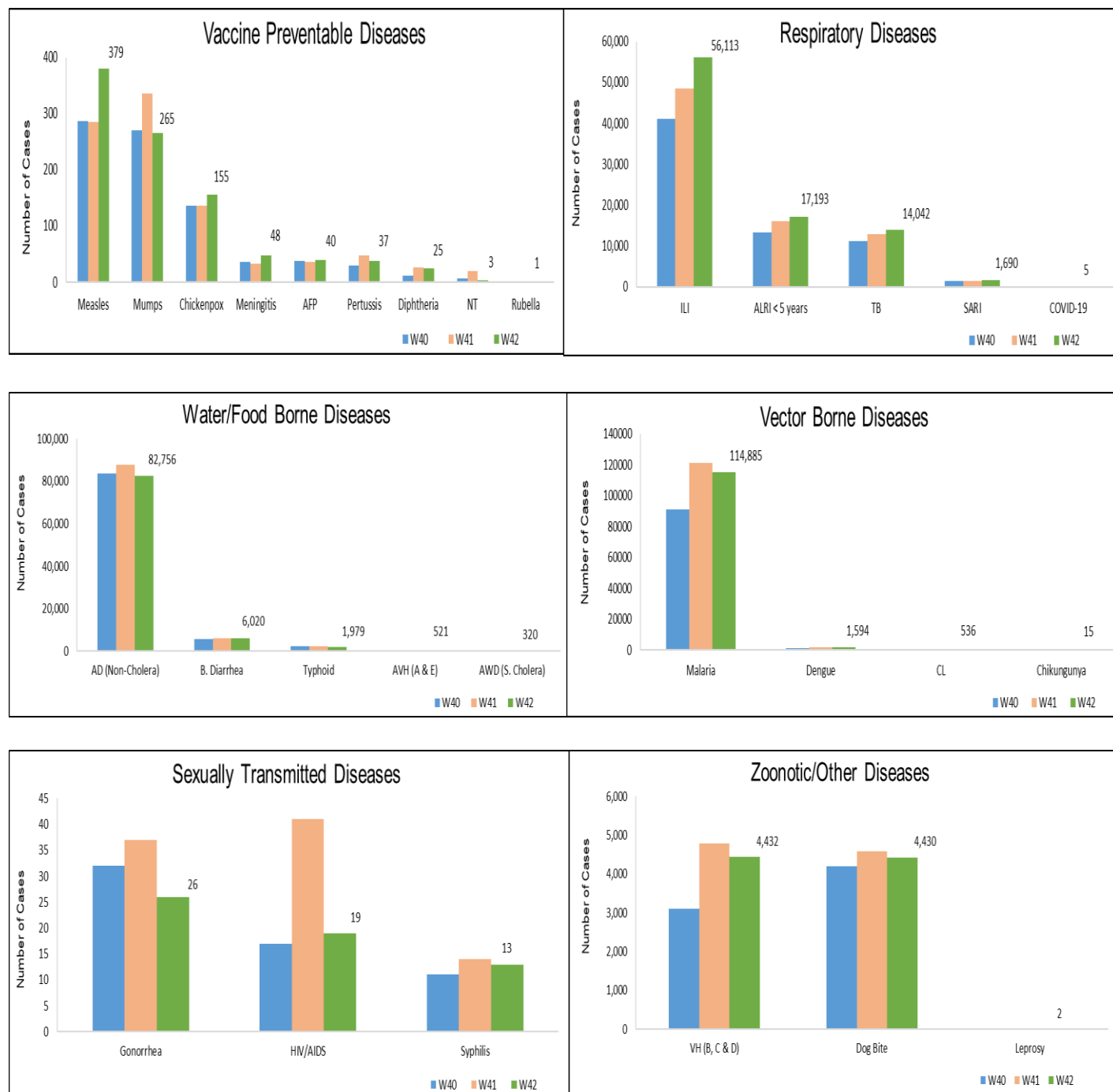
### Acute Viral Hepatitis (A & E)

- **Enhance Case Detection and Reporting:** Strengthen AHV (A & E) surveillance in the IDSR system by training health personnel to recognize symptoms and ensure timely reporting, especially during seasonal peaks or in outbreak-prone areas.
- **Strengthen Laboratory Confirmation:** Improve diagnostic capacity by ensuring availability of rapid and confirmatory tests (e.g., IgM for HAV/HEV) at regional laboratories to facilitate timely outbreak response.
- **Improve WASH Infrastructure:** Coordinate with municipal and rural development authorities to upgrade water supply systems, prevent sewage contamination, and promote latrine use to interrupt fecal-oral transmission.
- **Engage in Risk Communication:** Design and disseminate targeted messages through community channels to raise awareness about safe drinking water, personal hygiene, food safety, and the risks of consuming contaminated water or raw produce.

**Table 1: Province/Area wise distribution of most frequently reported suspected cases during Week 42, Pakistan.**

| Diseases                 | AJK  | Balochistan | GB  | ICT  | KP    | Punjab | Sindh  | Total  |
|--------------------------|------|-------------|-----|------|-------|--------|--------|--------|
| Malaria                  | 4    | 3798        | 3   | 0    | 8775  | NR     | 102305 | 114885 |
| AD (Non-Cholera)         | 1329 | 6357        | 926 | 411  | 29823 | NR     | 43910  | 82756  |
| ILI                      | 2212 | 6024        | 288 | 2082 | 7118  | NR     | 38389  | 56113  |
| ALRI < 5 years           | 923  | 1700        | 716 | 9    | 1039  | NR     | 12806  | 17193  |
| TB                       | 124  | 52          | 110 | 18   | 402   | NR     | 13336  | 14042  |
| B. Diarrhea              | 27   | 1081        | 78  | 1    | 937   | NR     | 3896   | 6020   |
| VH (B, C & D)            | 22   | 38          | 7   | 1    | 114   | NR     | 4250   | 4432   |
| Dog Bite                 | 122  | 229         | 6   | 0    | 903   | NR     | 3170   | 4430   |
| Typhoid                  | 41   | 334         | 99  | 0    | 644   | NR     | 861    | 1979   |
| SARI                     | 177  | 720         | 138 | 0    | 565   | NR     | 90     | 1690   |
| Dengue                   | 276  | 3           | 40  | 0    | 613   | NR     | 662    | 1594   |
| CL                       | 2    | 124         | 0   | 0    | 409   | NR     | 1      | 536    |
| AVH (A & E)              | 29   | 11          | 3   | 0    | 195   | NR     | 283    | 521    |
| Measles                  | 8    | 25          | 10  | 0    | 204   | NR     | 132    | 379    |
| AWD (S.Cholera)          | 123  | 152         | 13  | 0    | 21    | NR     | 11     | 320    |
| Mumps                    | 7    | 45          | 6   | 0    | 186   | NR     | 21     | 265    |
| Chickenpox/<br>Varicella | 18   | 10          | 22  | 0    | 88    | NR     | 17     | 155    |
| Meningitis               | 8    | 0           | 2   | 0    | 13    | NR     | 25     | 48     |
| AFP                      | 5    | 0           | 1   | 0    | 23    | NR     | 11     | 40     |
| Pertussis                | 0    | 30          | 2   | 0    | 5     | NR     | 0      | 37     |
| Gonorrhea                | 0    | 21          | 0   | 0    | 1     | NR     | 4      | 26     |
| Diphtheria<br>(Probable) | 2    | 0           | 0   | 0    | 17    | NR     | 6      | 25     |
| HIV/AIDS                 | 0    | 2           | 0   | 0    | 5     | NR     | 12     | 19     |
| Chikungunya              | 0    | 0           | 0   | 0    | 1     | NR     | 14     | 15     |
| Syphilis                 | 1    | 0           | 0   | 0    | 0     | NR     | 12     | 13     |
| COVID-19                 | 0    | 0           | 0   | 0    | 5     | NR     | 0      | 5      |
| NT                       | 0    | 0           | 0   | 0    | 3     | NR     | 0      | 3      |
| Leprosy                  | 0    | 2           | 0   | 0    | 0     | NR     | 0      | 2      |
| Rubella                  | 0    | 1           | 0   | 0    | 0     | NR     | 0      | 1      |

**Figure 1: Most frequently reported suspected cases during Week 42, Pakistan.**

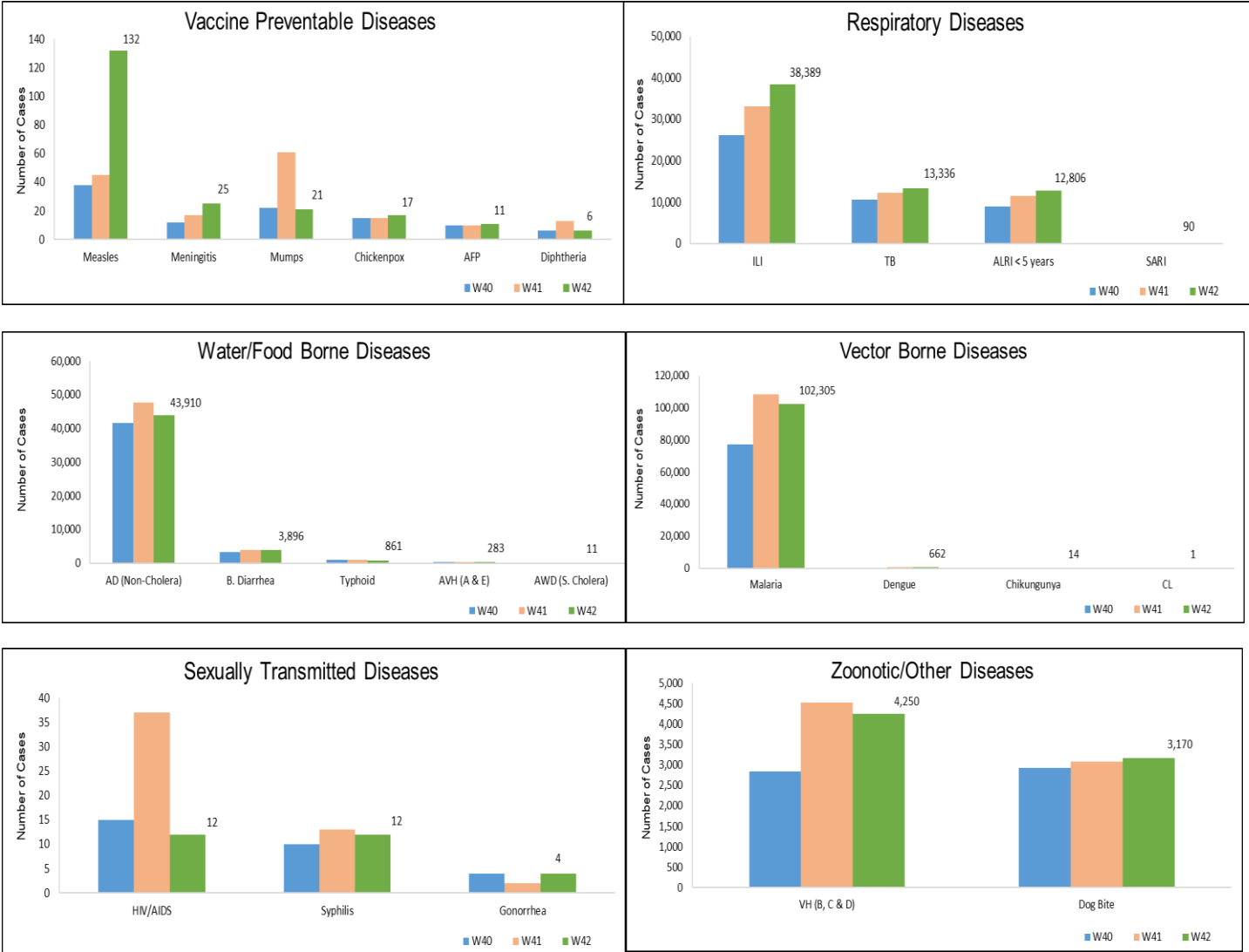


- Malaria cases were maximum followed by AD (Non-Cholera), ILI, TB, ALRI<5 years, VH (B, C, D), B. Diarrhea, Typhoid and Dengue.
- Malaria cases are from Khairpur, Sanghar and Larkana whereas AD (Non-Cholera) cases are mostly from Khairpur, Mirpurkhas and Hyderabad.
- Eleven cases of AFP reported from Sindh. They are suspected cases and need field verification.
- There is a decline in number of cases of Mumps, Diphtheria, AD (Non-Cholera), Typhoid, Malaria, VH (B, C & D) and HIV/AIDS while an increase in number of cases of Measles, Meningitis, Chickenpox, AFP, ILI, TB, ALRI <5 years and dog bite this week.

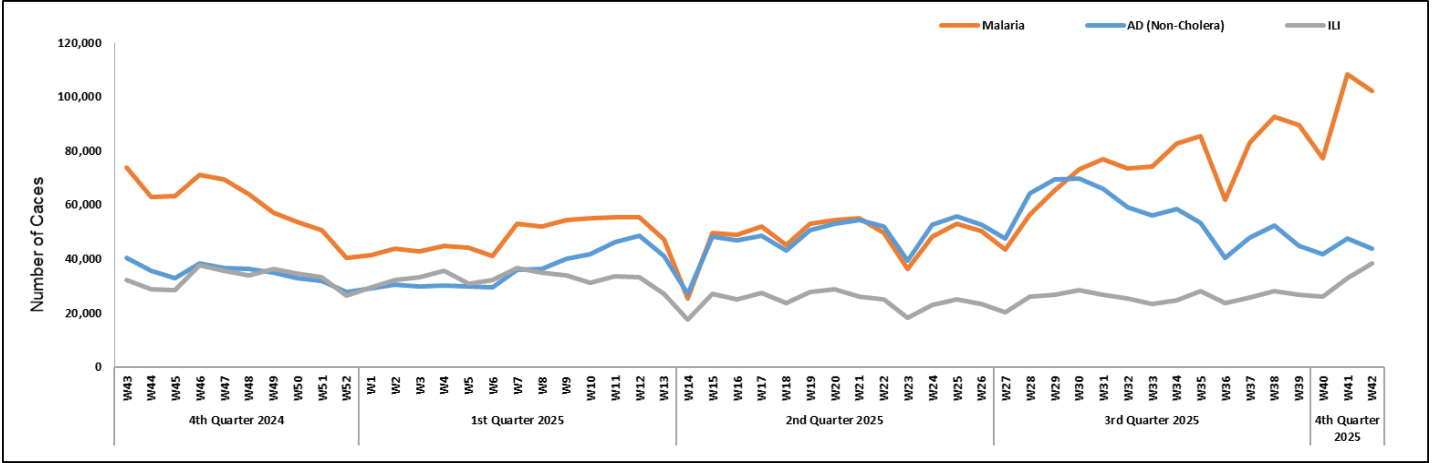
**Table 2: District wise distribution of most frequently reported suspected cases during Week 42, Sindh**

| Districts           | Malaria       | AD (Non-Cholera) | ILI          | TB           | ALRI < 5 years | VH (B, C & D) | B. Diarrhea | Dog Bite    | Typhoid    | Dengue     |
|---------------------|---------------|------------------|--------------|--------------|----------------|---------------|-------------|-------------|------------|------------|
| Badin               | 4794          | 2307             | 2557         | 826          | 893            | 178           | 325         | 151         | 29         | 2          |
| Dadu                | 5124          | 2519             | 545          | 654          | 1314           | 125           | 441         | 508         | 129        | 0          |
| Ghotki              | 6132          | 1107             | 41           | 594          | 704            | 512           | 122         | 206         | 0          | 0          |
| Hyderabad           | 2213          | 2535             | 2569         | 453          | 245            | 118           | 76          | 49          | 4          | 286        |
| Jacobabad           | 1939          | 839              | 1149         | 274          | 621            | 270           | 115         | 159         | 45         | 0          |
| Jamshoro            | 5849          | 1778             | 102          | 646          | 386            | 202           | 103         | 115         | 37         | 94         |
| Kamber              | 6502          | 1799             | 0            | 952          | 354            | 60            | 116         | 202         | 20         | 0          |
| Karachi Central     | 80            | 1201             | 1448         | 191          | 122            | 20            | 3           | 18          | 90         | 2          |
| Karachi East        | 55            | 266              | 0            | 30           | 12             | 0             | 2           | 3           | 11         | 49         |
| Karachi Keamari     | 13            | 618              | 296          | 1            | 14             | 0             | 0           | 0           | 0          | 0          |
| Karachi Korangi     | 112           | 334              | 35           | 39           | 2              | 1             | 10          | 0           | 9          | 27         |
| Karachi Malir       | 192           | 1450             | 3888         | 134          | 353            | 12            | 47          | 63          | 23         | 56         |
| Karachi South       | 5             | 98               | 0            | 0            | 0              | 0             | 0           | 0           | 0          | 0          |
| Karachi West        | 313           | 812              | 1188         | 64           | 200            | 17            | 15          | 61          | 25         | 0          |
| Kashmore            | 2122          | 240              | 759          | 170          | 189            | 12            | 35          | 95          | 0          | 0          |
| Khairpur            | 9142          | 3266             | 7274         | 1280         | 1332           | 263           | 368         | 236         | 208        | 4          |
| Larkana             | 7946          | 1719             | 12           | 789          | 265            | 26            | 373         | 42          | 5          | 0          |
| Matari              | 5335          | 1628             | 17           | 730          | 316            | 197           | 70          | 99          | 1          | 7          |
| Mirpurkhas          | 5117          | 2602             | 5003         | 783          | 511            | 43            | 157         | 156         | 10         | 7          |
| Naushero Feroze     | 2491          | 1562             | 854          | 500          | 636            | 62            | 422         | 193         | 29         | 0          |
| Sanghar             | 8399          | 2116             | 4667         | 1244         | 545            | 1405          | 81          | 213         | 39         | 1          |
| Shaheed Benazirabad | 4295          | 1745             | 0            | 359          | 268            | 74            | 110         | 121         | 92         | 0          |
| Shikarpur           | 3312          | 1147             | 4            | 214          | 156            | 234           | 170         | 165         | 1          | 0          |
| Sujawal             | 1396          | 2058             | 5            | 73           | 457            | 0             | 161         | 62          | 3          | 0          |
| Sukkur              | 4529          | 1392             | 2215         | 452          | 631            | 60            | 162         | 57          | 3          | 0          |
| Tando Allahyar      | 4405          | 1085             | 1555         | 513          | 427            | 150           | 90          | 38          | 4          | 0          |
| Tando Muhammad Khan | 2091          | 1172             | 125          | 609          | 218            | 102           | 111         | 89          | 1          | 2          |
| Tharparkar          | 3704          | 1612             | 894          | 447          | 668            | 28            | 66          | 2           | 3          | 125        |
| Thatta              | 2236          | 1406             | 1187         | 21           | 563            | 56            | 71          | 67          | 9          | 0          |
| Umerkot             | 2462          | 1497             | 0            | 294          | 404            | 23            | 74          | 0           | 31         | 0          |
| <b>Total</b>        | <b>102305</b> | <b>43910</b>     | <b>38389</b> | <b>13336</b> | <b>12806</b>   | <b>4250</b>   | <b>3896</b> | <b>3170</b> | <b>861</b> | <b>662</b> |

**Figure 2: Most frequently reported suspected cases during Week 42 Sindh**



**Figure 3: Week wise reported suspected cases of Malaria, AD (Non-Cholera) & ILI, Sindh**

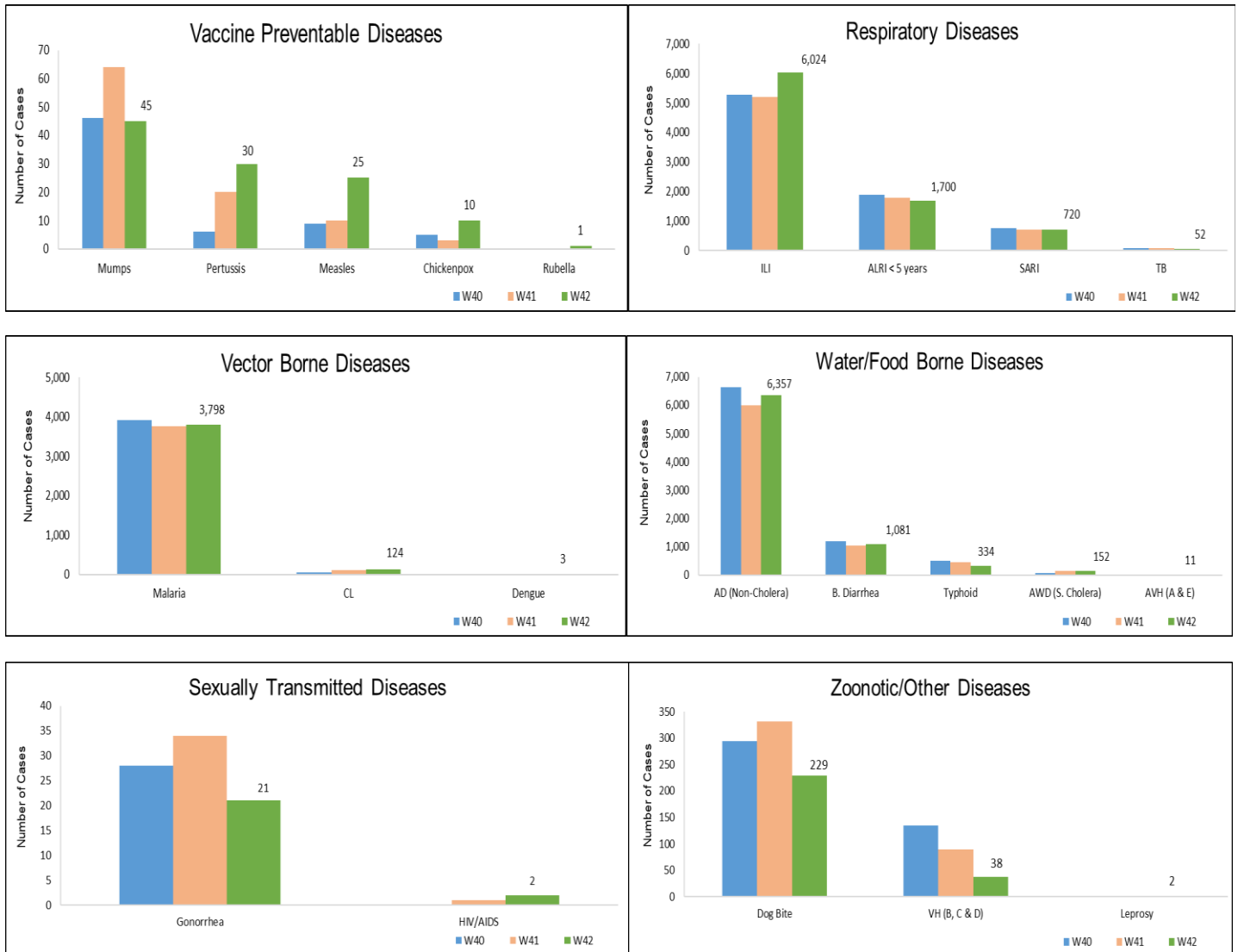


- AD (Non-Cholera), ILI, Malaria, ALRI <5 years, B. Diarrhea, SARI, Typhoid, dog bite, AWD (S. Cholera) and CL cases were the most frequently reported diseases from Balochistan province.
- AD (non-cholera) cases are mostly reported from Usta Muhammad, Kech (Turbat) and Quetta and while ILI cases are mostly reported from Kech (Turbat), Quetta and Kharan.
- Two cases of HIV/AIDs reported from Balochistan. Field investigation is required to confirm the cases.
- AD (Non-Cholera), B.Diarrhea, ILI, Malaria, HIV/AIDs, Measles, Pertussis, Rubella and Chickenpox showed an increase in number of cases this week.

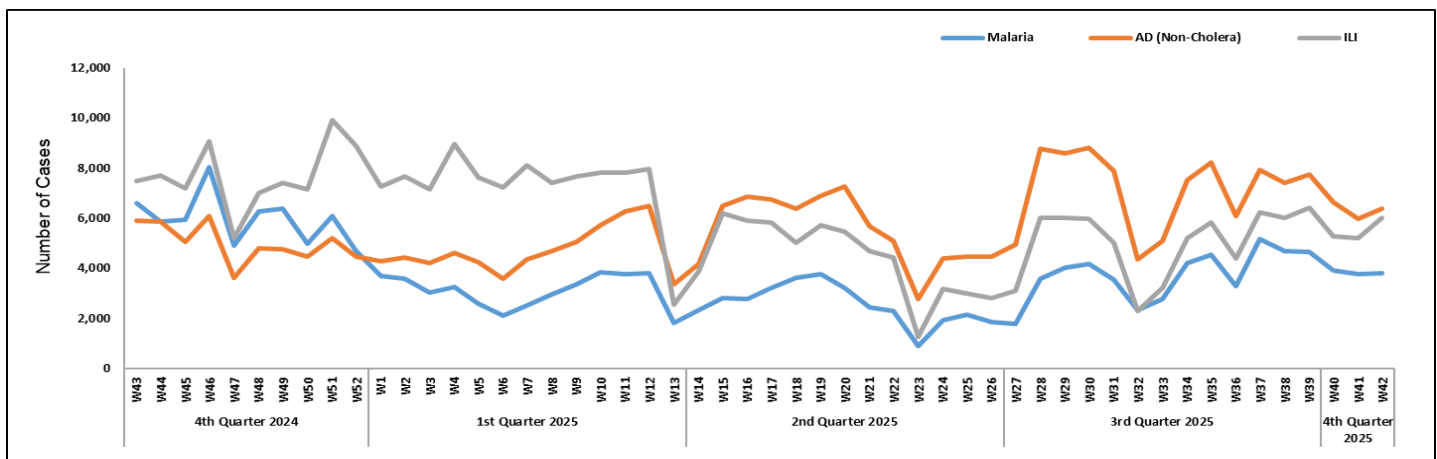
**Table 3: District wise distribution of most frequently reported suspected cases during Week 42, Balochistan**

| Districts       | AD (Non-Cholera) | ILI         | Malaria     | ALRI < 5 years | B. Diarrhea | SARI       | Typhoid    | Dog Bite   | AWD (S. Cholera) | CL         |
|-----------------|------------------|-------------|-------------|----------------|-------------|------------|------------|------------|------------------|------------|
| Awaran          | NR               | NR          | NR          | NR             | NR          | NR         | NR         | NR         | NR               | NR         |
| Barkhan         | 77               | 47          | 90          | 36             | 4           | 0          | 30         | 31         | 4                | 0          |
| Chagai          | 151              | 237         | 40          | 0              | 32          | 0          | 5          | 0          | 0                | 0          |
| Chaman          | NR               | NR          | NR          | NR             | NR          | NR         | NR         | NR         | NR               | NR         |
| Dera Bugti      | 32               | 0           | 43          | 33             | 0           | 0          | 1          | 0          | 0                | 0          |
| Duki            | NR               | NR          | NR          | NR             | NR          | NR         | NR         | NR         | NR               | NR         |
| Gwadar          | 11               | 15          | 24          | 5              | 5           | 0          | 9          | 2          | 4                | 0          |
| Harnai          | 174              | 0           | 74          | 193            | 59          | 0          | 0          | 0          | 0                | 0          |
| Hub             | 173              | 154         | 100         | 0              | 11          | 0          | 0          | 0          | 0                | 2          |
| Jaffarabad      | 327              | 178         | 301         | 48             | 57          | 17         | 7          | 4          | 0                | 1          |
| Jhal Magsi      | 167              | 107         | 168         | 36             | 0           | 0          | 1          | 0          | 0                | 0          |
| Kachhi (Bolan)  | 271              | 246         | 274         | 22             | 45          | 116        | 4          | 34         | 60               | 47         |
| Kalat           | 16               | 2           | 13          | 4              | 14          | 0          | 10         | 0          | 0                | 1          |
| Kech (Turbat)   | 584              | 877         | 700         | 43             | 99          | 0          | 1          | 0          | 0                | 16         |
| Kharan          | 196              | 623         | 60          | 0              | 68          | 23         | 4          | 0          | 0                | 0          |
| Khuzdar         | 17               | 26          | 6           | 0              | 11          | 0          | 14         | 0          | 0                | 1          |
| Killa Abdullah  | 209              | 241         | 19          | 8              | 73          | 77         | 24         | 14         | 51               | 8          |
| Killa Saifullah | NR               | NR          | NR          | NR             | NR          | NR         | NR         | NR         | NR               | NR         |
| Kohlu           | 131              | 323         | 79          | 17             | 53          | 4          | 23         | 0          | 0                | 0          |
| Lasbella        | 426              | 75          | 680         | 147            | 16          | 2          | 2          | 11         | 0                | 18         |
| Loralai         | 245              | 473         | 77          | 79             | 33          | 104        | 22         | 0          | 0                | 2          |
| Mastung         | 136              | 190         | 73          | 47             | 17          | 89         | 7          | 1          | 0                | 1          |
| MusaKhel        | 68               | 61          | 158         | 30             | 20          | 9          | 22         | 1          | 14               | 0          |
| Naseerabad      | 326              | 21          | 157         | 87             | 7           | 24         | 49         | 80         | 0                | 4          |
| Nushki          | 173              | 7           | 6           | 19             | 54          | 0          | 0          | 0          | 0                | 0          |
| Panjgur         | NR               | NR          | NR          | NR             | NR          | NR         | NR         | NR         | NR               | NR         |
| Pishin          | 448              | 551         | 44          | 123            | 166         | 66         | 39         | 8          | 9                | 4          |
| Quetta          | 525              | 776         | 26          | 204            | 37          | 43         | 15         | 0          | 1                | 0          |
| Sherani         | NR               | NR          | NR          | NR             | NR          | NR         | NR         | NR         | NR               | NR         |
| Sibi            | 361              | 344         | 183         | 58             | 22          | 81         | 10         | 0          | 3                | 12         |
| Sohbat pur      | 254              | 16          | 129         | 176            | 54          | 8          | 19         | 9          | 0                | 0          |
| Surab           | NR               | NR          | NR          | NR             | NR          | NR         | NR         | NR         | NR               | NR         |
| Usta Muhammad   | 762              | 220         | 222         | 262            | 98          | 38         | 5          | 27         | 0                | 7          |
| Washuk          | NR               | NR          | NR          | NR             | NR          | NR         | NR         | NR         | NR               | NR         |
| Zhob            | 27               | 34          | 14          | 16             | 2           | 16         | 1          | 0          | 0                | 0          |
| Ziarat          | 70               | 180         | 38          | 7              | 24          | 3          | 10         | 7          | 6                | 0          |
| <b>Total</b>    | <b>6357</b>      | <b>6024</b> | <b>3798</b> | <b>1700</b>    | <b>1081</b> | <b>720</b> | <b>334</b> | <b>229</b> | <b>152</b>       | <b>124</b> |

**Figure 4: Most frequently reported suspected cases during Week 42, Balochistan**



**Figure 5: Week wise reported suspected cases of Malaria, AD (Non-Cholera) & ILI, Balochistan**

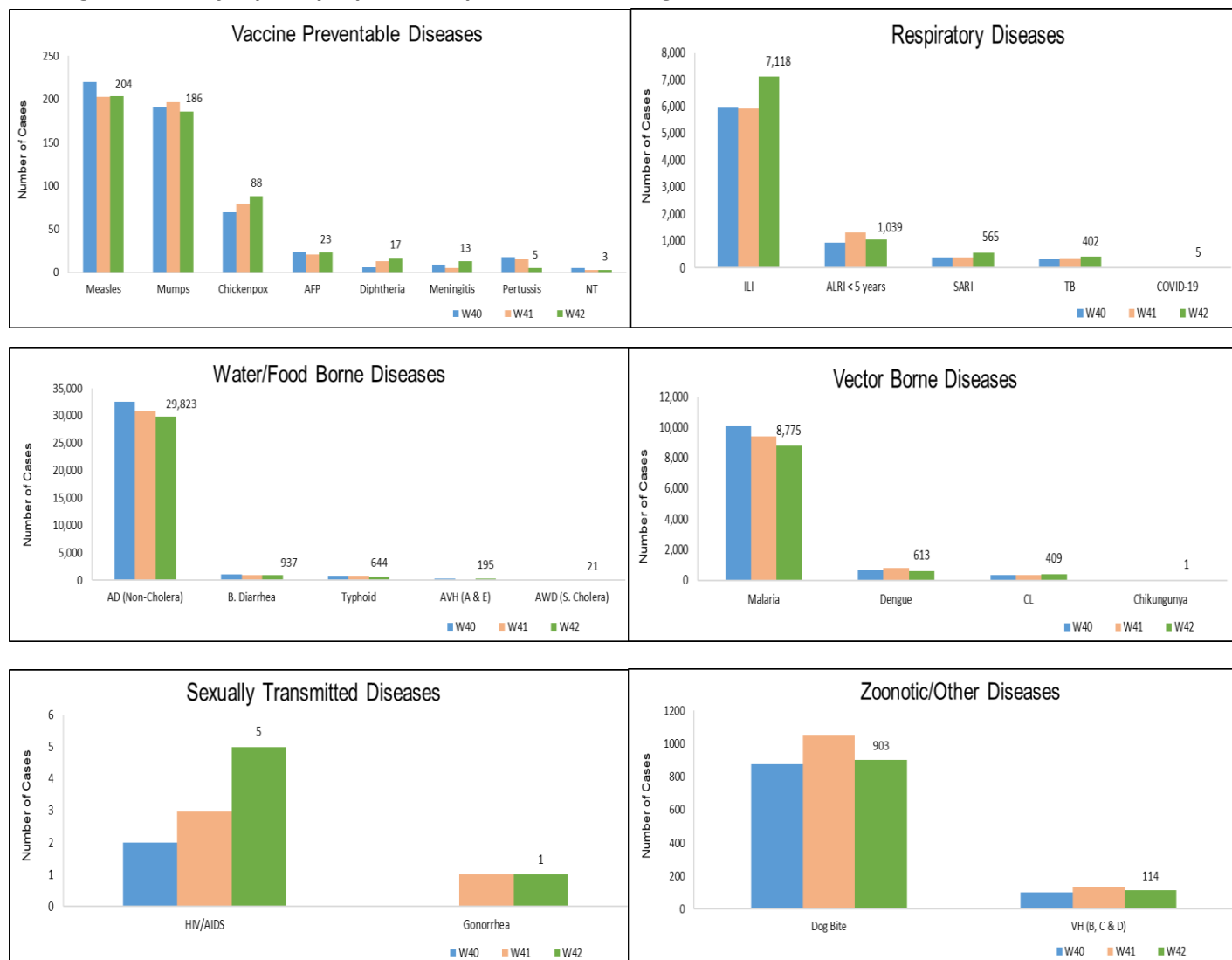


- Cases of AD (Non-Cholera) were maximum followed by Malaria, ILI, ALRI<5 Years, B. Diarrhea, dog bite, Typhoid, Dengue, SARI & CL
- AD (Non-Cholera), Mumps, ALRI<5 years, Dengue Malaria and dog bite cases showed a decline in number while Measles, Chicken pox, Diphtheria, Meningitis, AFP, ILI, SARI, TB, CL HIV/AIDs showed an increase in number this week.
- Twenty-three cases of AFP reported from KP. All are suspected cases and need field verification.
- Five cases of HIV/AIDs reported from KP. Field investigation is required.

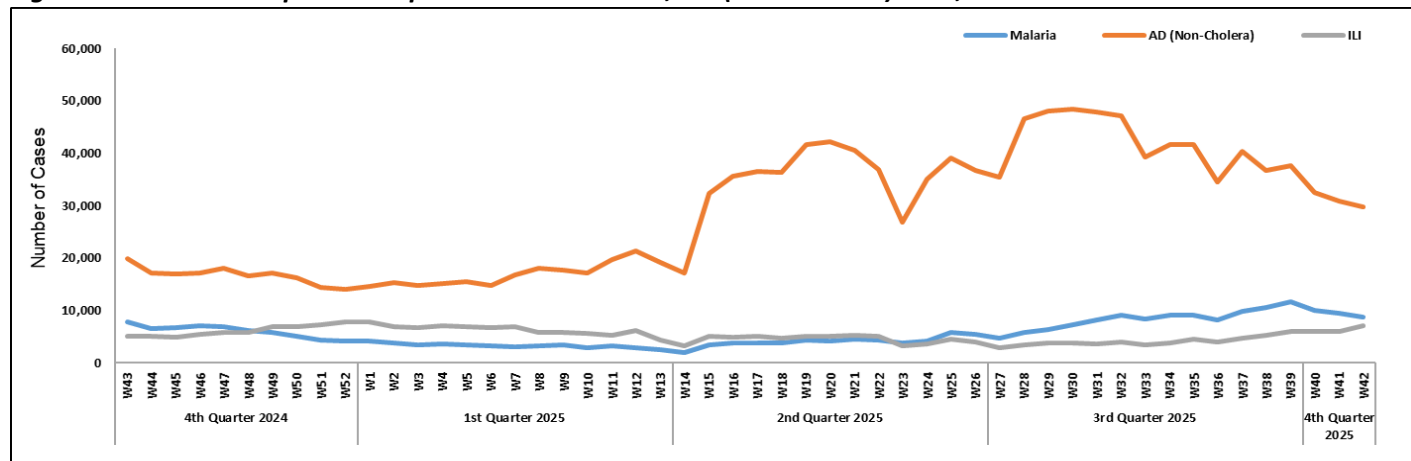
**Table 4: District wise distribution of most frequently reported suspected cases during Week 42, KP**

| Districts                | AD (Non-Cholera) | Malaria     | ILI         | ALRI < 5 years | B. Diarrhea | Dog Bite   | Typhoid    | Dengue     | SARI       | CL         |
|--------------------------|------------------|-------------|-------------|----------------|-------------|------------|------------|------------|------------|------------|
| Abbottabad               | 728              | 2           | 201         | 86             | 4           | 86         | 9          | 65         | 6          | 0          |
| Bajaur                   | 633              | 226         | 79          | 11             | 78          | 69         | 29         | 13         | 66         | 11         |
| Bannu                    | 854              | 1652        | 8           | 8              | 22          | 2          | 107        | 26         | 0          | 0          |
| Battagram                | 234              | 151         | 747         | 0              | 0           | 10         | 1          | 2          | 0          | 0          |
| Buner                    | 176              | 172         | 0           | 0              | 0           | 7          | 8          | 0          | 0          | 0          |
| Charsadda                | 1956             | 507         | 1791        | 305            | 80          | 19         | 24         | 55         | 0          | 1          |
| Chitral Lower            | 466              | 14          | 10          | 14             | 7           | 19         | 6          | 2          | 8          | 2          |
| Chitral Upper            | 137              | 8           | 40          | 12             | 11          | 3          | 14         | 0          | 12         | 1          |
| D.I. Khan                | 2077             | 905         | 0           | 10             | 36          | 16         | 0          | 0          | 0          | 1          |
| Dir Lower                | 1695             | 168         | 0           | 7              | 56          | 43         | 28         | 25         | 0          | 0          |
| Dir Upper                | 1087             | 21          | 54          | 83             | 32          | 17         | 10         | 2          | 2          | 2          |
| Hangu                    | 226              | 127         | 384         | 3              | 0           | 11         | 8          | 17         | 0          | 84         |
| Haripur                  | 992              | 18          | 448         | 33             | 8           | 13         | 32         | 49         | 12         | 0          |
| Karak                    | 466              | 339         | 25          | 39             | 19          | 29         | 7          | 8          | 0          | 160        |
| Khyber                   | 753              | 724         | 28          | 43             | 129         | 24         | 63         | 12         | 6          | 37         |
| Kohat                    | 463              | 271         | 6           | 8              | 9           | 24         | 10         | 27         | 0          | 21         |
| Kohistan Lower           | 155              | 4           | 5           | 0              | 5           | 2          | 0          | 0          | 0          | 0          |
| Kohistan Upper           | 281              | 10          | 0           | 0              | 26          | 0          | 0          | 19         | 0          | 0          |
| Kolai Palas              | 104              | 2           | 0           | 0              | 7           | 0          | 0          | 0          | 2          | 0          |
| L & C Kurram             | 13               | 8           | 4           | 0              | 5           | 0          | 0          | 0          | 10         | 0          |
| Lakki Marwat             | 779              | 823         | 0           | 0              | 4           | 68         | 14         | 11         | 0          | 1          |
| Malakand                 | 806              | 29          | 675         | 0              | 0           | 0          | 4          | 0          | 0          | 3          |
| Mansehra                 | 854              | 6           | 369         | 19             | 2           | 0          | 1          | 26         | 0          | 0          |
| Mardan                   | 1038             | 222         | 45          | 31             | 47          | 17         | 23         | 23         | 1          | 1          |
| Mohmand                  | 123              | 285         | 60          | 1              | 7           | 14         | 2          | 9          | 169        | 32         |
| North Waziristan         | 24               | 108         | 16          | 27             | 25          | 0          | 23         | 28         | 13         | 17         |
| Nowshera                 | 2524             | 482         | 22          | 14             | 16          | 8          | 11         | 8          | 11         | 7          |
| Orakzai                  | 43               | 20          | 11          | 0              | 3           | 0          | 0          | 0          | 0          | 0          |
| Peshawar                 | 4553             | 88          | 559         | 34             | 120         | 5          | 49         | 100        | 11         | 0          |
| Shangla                  | 1212             | 543         | 0           | 7              | 1           | 74         | 21         | 6          | 0          | 0          |
| South Waziristan (Lower) | 114              | 69          | 182         | 21             | 2           | 14         | 14         | 2          | 89         | 18         |
| South Waziristan (Upper) | 55               | 39          | 29          | 4              | 0           | 1          | 0          | 0          | 5          | 9          |
| Swabi                    | 1174             | 140         | 756         | 64             | 5           | 179        | 48         | 53         | 85         | 0          |
| Swat                     | 2160             | 128         | 365         | 141            | 73          | 108        | 64         | 25         | 0          | 0          |
| Tank                     | 642              | 353         | 94          | 4              | 21          | 0          | 0          | 0          | 0          | 0          |
| Tor Ghar                 | 78               | 92          | 1           | 0              | 40          | 18         | 5          | 0          | 22         | 1          |
| Upper Kurram             | 148              | 19          | 104         | 10             | 37          | 3          | 9          | 0          | 35         | 0          |
| <b>Total</b>             | <b>29823</b>     | <b>8775</b> | <b>7118</b> | <b>1039</b>    | <b>937</b>  | <b>903</b> | <b>644</b> | <b>613</b> | <b>565</b> | <b>409</b> |

**Figure 6: Most frequently reported suspected cases during Week 42, KP**

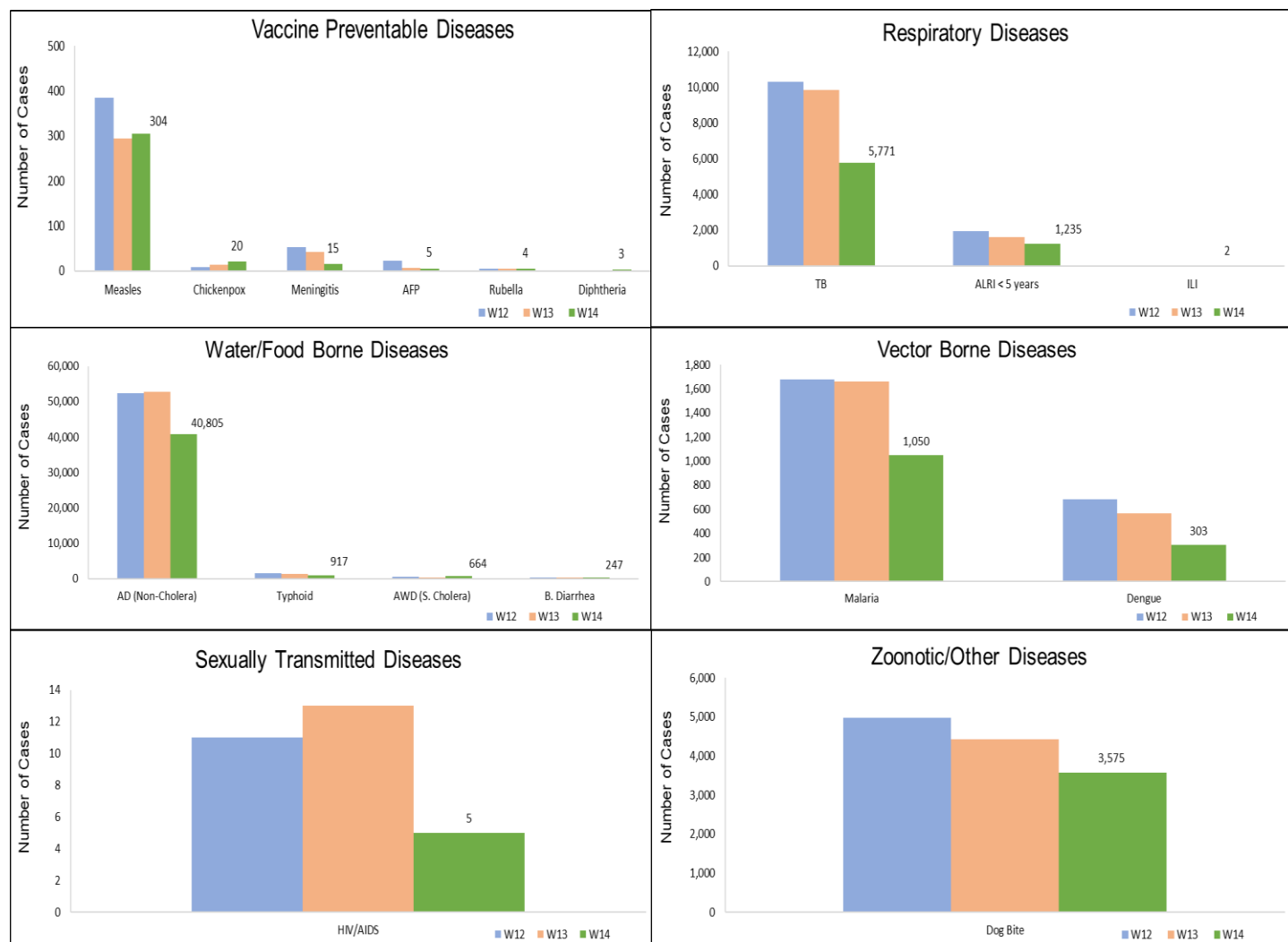


**Figure 7: Week wise reported suspected cases Malaria, AD (Non-Cholera) & ILI, KP**

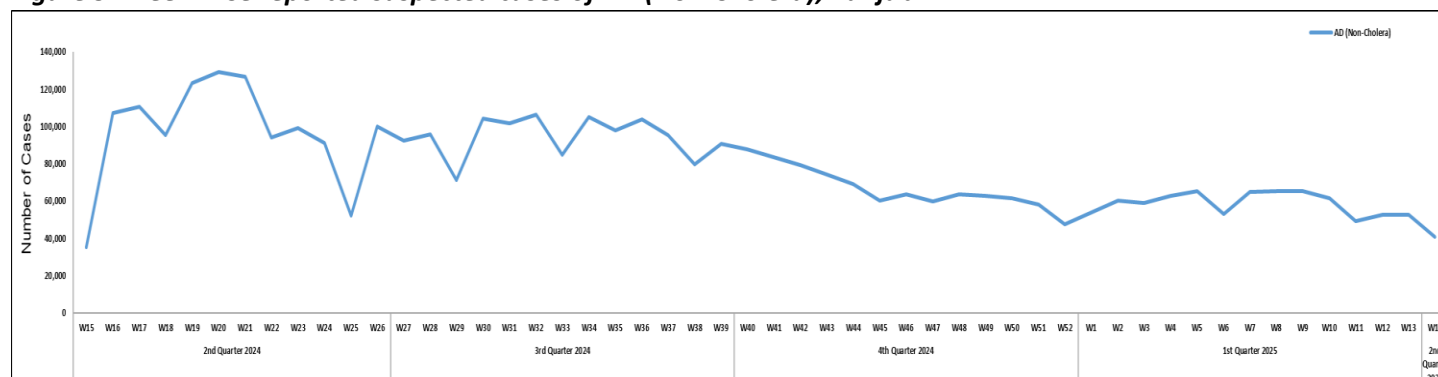


- The most frequently reported cases were of Acute Diarrhea (Non-Cholera) followed by TB, dog bite, ALRI <5 years, Malaria, Typhoid and AWD (S. Cholera) this week.
- There is a decline in cases observed for Acute Diarrhea (Non-Cholera), TB, dog bite, ALRI <5 years, Malaria and Typhoid this week.
- Five cases of AFP reported Punjab this week. They are suspected cases and need field verification.
- Five suspected cases of HIV/ AIDS reported from Punjab this week. They require field investigation.

**Figure 8: Most frequently reported suspected cases during Week 14, Punjab**



**Figure 9: Week wise reported suspected cases of AD (Non-Cholera), Punjab**



**ICT:** The most frequently reported cases from Islamabad were ILI followed by AD (Non-Cholera), TB, ALRI < 5 years and B.Diarrhea . ILI cases showed an increase in number this week.

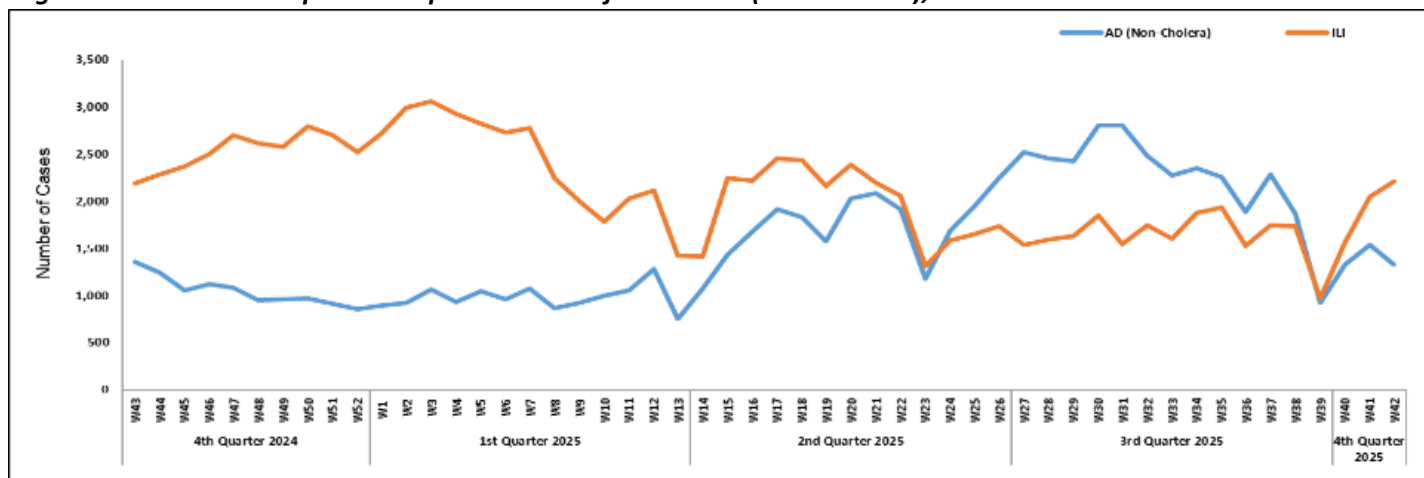
**AJK:** ILI cases were maximum followed by AD (Non-Cholera), ALRI < 5years, Dengue SARI and TB. An increase in number of suspected cases was observed for Dengue, ILI, TB, Chickenpox, Mumps, Diphtheria, dog bite and VH (B, C&D) while a decline in cases observed for Measles, SARI and AD (Non cholera) this week.

**GB:** AD (non-cholera) was the most frequently reported disease followed by ALRI <5 Years cases, ILI, SARI & TB. An increase in cases observed for by ALRI <5 Years, SARI and B. Diarrhea this week.

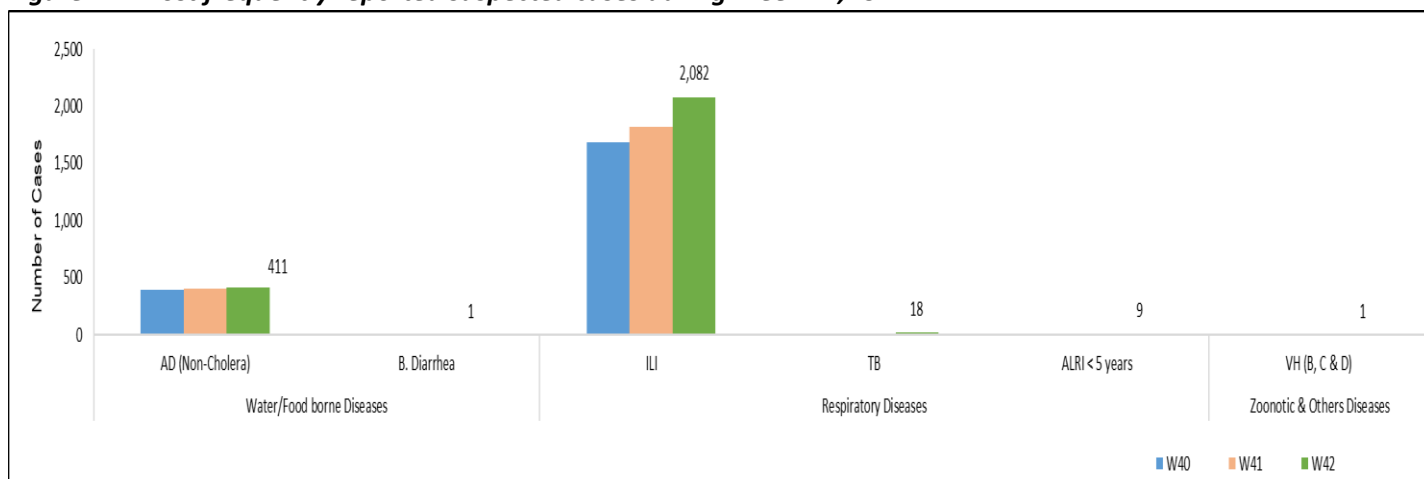
Figure 10: Most frequently reported suspected cases during Week 42, AJK



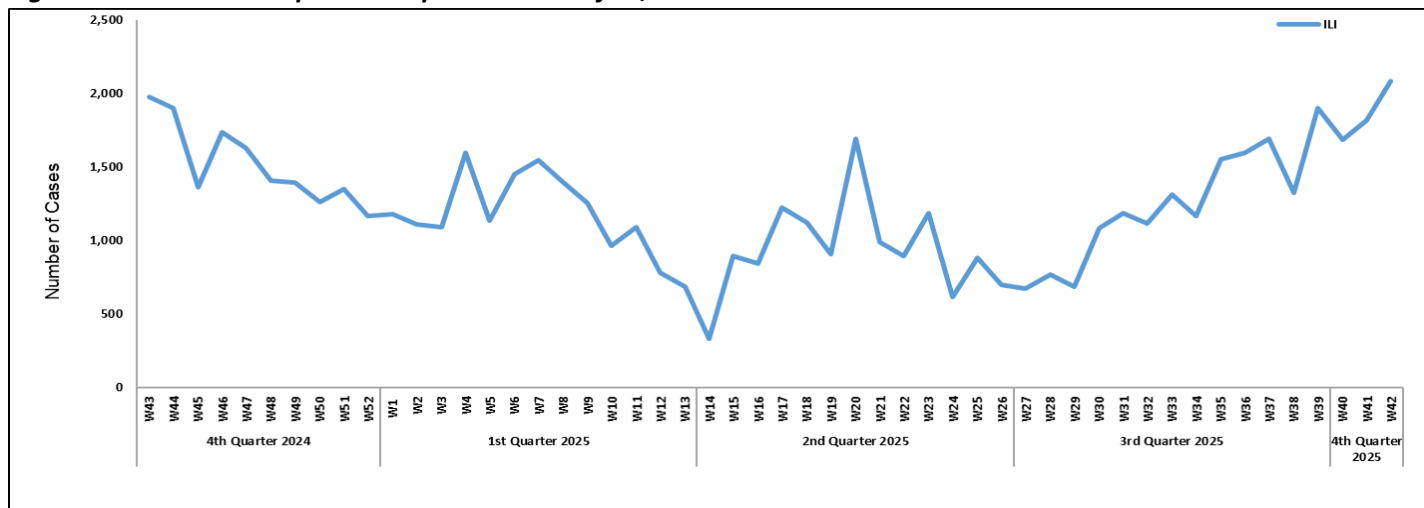
**Figure 11: Week wise reported suspected cases of ILI and AD (Non-Cholera), AJK**



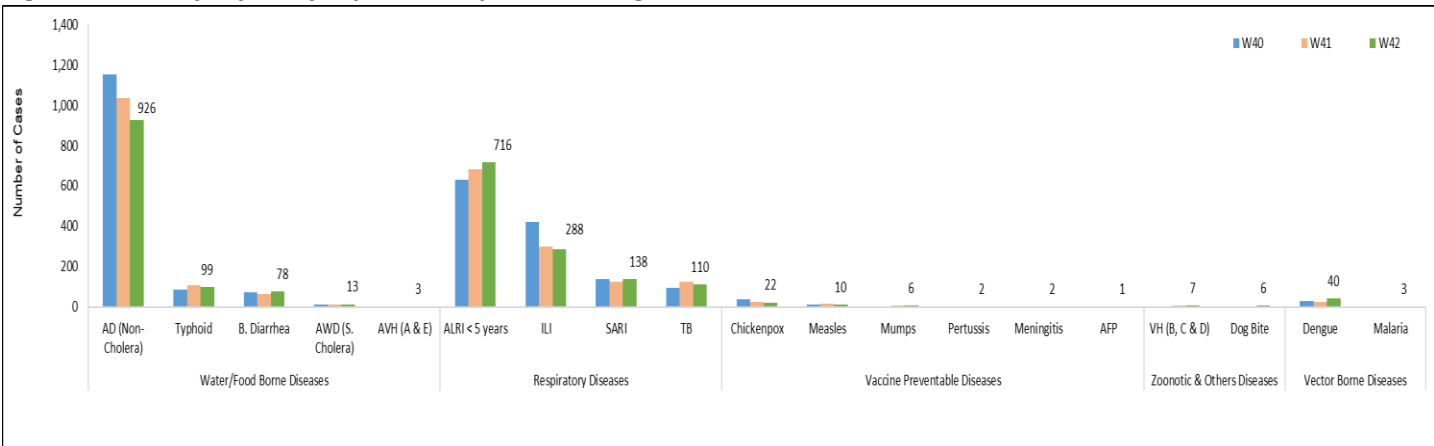
**Figure 12: Most frequently reported suspected cases during Week 42, ICT**



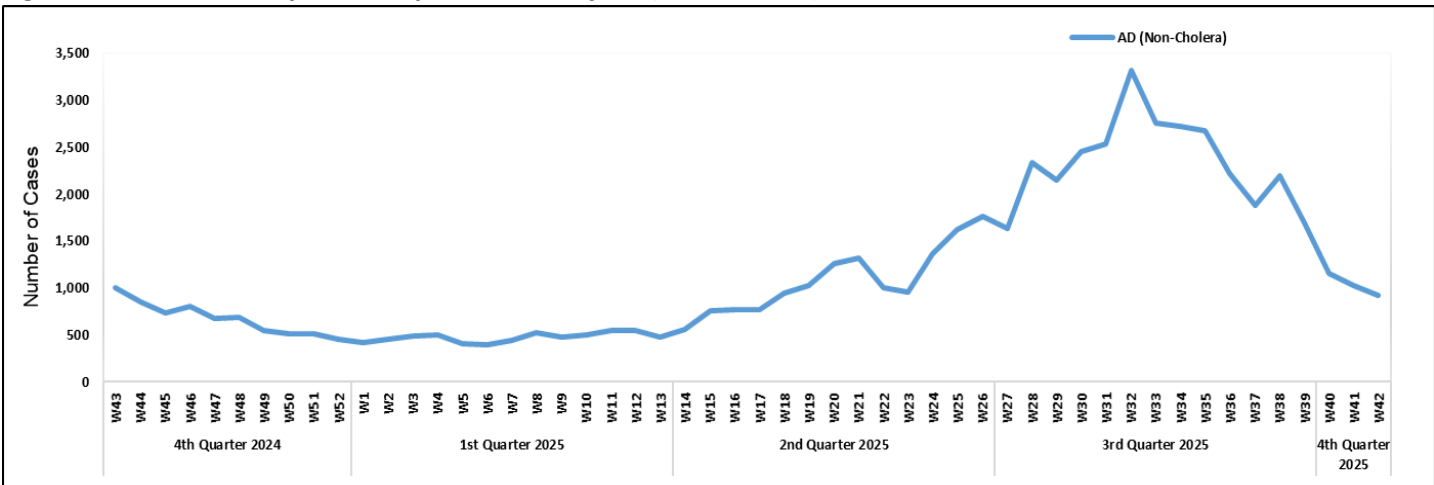
**Figure 13: Week wise reported suspected cases of ILI, ICT**



**Figure 14: Most frequently reported suspected during Week 42, GB**



**Figure 15: Week wise reported suspected cases of AD (Non-Cholera), GB**



## Public Health Laboratories

**Table 5: Public Health Laboratories confirmed cases of IDSR Priority Diseases during Epi Week 42**

| Diseases         | Sindh      |           | Balochistan |           | KPK        |           | ISL        |           | GB         |           | Punjab     |           | AJK        |           |
|------------------|------------|-----------|-------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|
|                  | Total Test | Total Pos | Total Test  | Total Pos | Total Test | Total Pos | Total Test | Total Pos | Total Test | Total Pos | Total Test | Total Pos | Total Test | Total Pos |
| AWD (S. Cholera) | 43         | 2         | -           | -         | 2          | 0         | -          | -         | 7          | 0         | -          | -         | 0          | 0         |

|                                        |             |       |    |    |       |     |    |    |       |    |     |    |     |    |
|----------------------------------------|-------------|-------|----|----|-------|-----|----|----|-------|----|-----|----|-----|----|
| <b>Stool culture &amp; Sensitivity</b> | 171         | 5     | -  | -  | 5     | 2   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Malaria</b>                         | 19,275      | 1,021 | -  | -  | 6,854 | 47  | -  | -  | 145   | 1  | -   | -  | 17  | 2  |
| <b>CCHF</b>                            | 0           | 0     | 4  | 1  | 1     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Dengue</b>                          | 12,083      | 7,067 | -  | -  | 6,826 | 110 | -  | -  | 210   | 0  | -   | -  | 276 | 37 |
| <b>VH (B)</b>                          | 12,351      | 390   | 15 | 11 | 145   | 18  | -  | -  | 1,199 | 24 | -   | -  | 312 | 1  |
| <b>VH (C)</b>                          | 12,446      | 1,020 | 36 | 16 | 188   | 28  | -  | -  | 1,265 | 4  | -   | -  | 442 | 20 |
| <b>VH (D)</b>                          | 220         | 64    | -  | -  | 0     | 0   | -  | -  | 0     | 0  | -   | -  | 130 | 0  |
| <b>VH (A)</b>                          | 308         | 82    | -  | -  | 6     | 4   | -  | -  | 5     | 0  | -   | -  | 0   | 0  |
| <b>VH (E)</b>                          | 140         | 31    | -  | -  | 2     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Covid-19</b>                        | 37          | 4     | 2  | 0  | 4     | 0   | -  | -  | 0     | 0  | -   | -  | 8   | 0  |
| <b>TB</b>                              | 555         | 54    | -  | -  | 7     | 0   | -  | -  | 110   | 0  | -   | -  | 103 | 5  |
| <b>HIV/ AIDS</b>                       | 4,377       | 52    | -  | -  | 403   | 3   | -  | -  | 168   | 0  | -   | -  | 495 | 1  |
| <b>Syphilis</b>                        | 853         | 13    | -  | -  | 11    | 0   | -  | -  | 133   | 0  | -   | -  | 0   | 0  |
| <b>Typhoid</b>                         | 2,437       | 33    | -  | -  | 0     | 0   | -  | -  | 221   | 35 | -   | -  | 0   | 0  |
| <b>Diphtheria</b>                      | 13          | 9     | 5  | 3  | 51    | 32  | 1  | 1  | 0     | 0  | 8   | 6  | 0   | 0  |
| <b>ILI</b>                             | 27          | 3     | -  | -  | 0     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Pneumonia (ALRI)</b>                | 327         | 78    | -  | -  | 0     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Meningitis</b>                      | 38          | 2     | -  | -  | 0     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Measles</b>                         | 133         | 69    | 15 | 4  | 207   | 85  | 20 | 10 | 2     | 1  | 298 | 64 | 21  | 8  |
| <b>Rubella (CRS)</b>                   | 3           | 2     | -  | -  | 1     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Leishmaniasis (cutaneous)</b>       | 33          | 2     | -  | -  | 31    | 12  | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Chikungunya</b>                     | 6           | 0     | -  | -  | 0     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Gonorrhea</b>                       | 132         | 1     | -  | -  | 0     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Brucellosis</b>                     | 2           | 0     | -  | -  | 1     | 0   | -  | -  | 0     | 0  | -   | -  | 0   | 0  |
| <b>Covid-19</b>                        | Out of SARI | -     | -  | -  | -     | -   | -  | -  | -     | -  | -   | -  | -   | -  |
|                                        | Out of ILI  | -     | -  | -  | -     | -   | -  | -  | -     | -  | -   | -  | -   | -  |
| <b>Influenza A</b>                     | Out of SARI | -     | -  | -  | -     | -   | -  | -  | -     | -  | -   | -  | -   | -  |
|                                        | Out of ILI  | -     | -  | -  | -     | -   | -  | -  | -     | -  | -   | -  | -   | -  |
| <b>Influenza B</b>                     | Out of SARI | -     | -  | -  | -     | -   | -  | -  | -     | -  | -   | -  | -   | -  |
|                                        | Out of ILI  | -     | -  | -  | -     | -   | -  | -  | -     | -  | -   | -  | -   | -  |
| <b>RSV</b>                             | Out of SARI | -     | -  | -  | -     | -   | -  | -  | -     | -  | -   | -  | -   | -  |
|                                        | Out of ILI  | -     | -  | -  | -     | -   | -  | -  | -     | -  | -   | -  | -   | -  |

## IDSR Reports Compliance

- Out of 158 IDSR implemented districts, compliance is low from KP, ICT and Balochistan. Green color highlights >50% compliance while red color highlights <50% compliance

**Table 6: IDSR reporting districts Week 42, 2025**

| Provinces/Regions  | Districts                | Total Number of Reporting Sites | Number of Reported Sites for current week | Compliance Rate (%) |
|--------------------|--------------------------|---------------------------------|-------------------------------------------|---------------------|
| Khyber Pakhtunkhwa | Abbottabad               | 111                             | 104                                       | 94%                 |
|                    | Bannu                    | 238                             | 127                                       | 53%                 |
|                    | Battagram                | 59                              | 30                                        | 51%                 |
|                    | Buner                    | 34                              | 19                                        | 56%                 |
|                    | Bajaur                   | 44                              | 38                                        | 86%                 |
|                    | Charsadda                | 59                              | 58                                        | 98%                 |
|                    | Chitral Upper            | 34                              | 29                                        | 85%                 |
|                    | Chitral Lower            | 35                              | 34                                        | 97%                 |
|                    | D.I. Khan                | 114                             | 113                                       | 99%                 |
|                    | Dir Lower                | 74                              | 62                                        | 84%                 |
|                    | Dir Upper                | 37                              | 33                                        | 89%                 |
|                    | Hangu                    | 22                              | 18                                        | 82%                 |
|                    | Haripur                  | 72                              | 70                                        | 97%                 |
|                    | Karak                    | 36                              | 36                                        | 100%                |
|                    | Khyber                   | 53                              | 47                                        | 89%                 |
|                    | Kohat                    | 61                              | 61                                        | 100%                |
|                    | Kohistan Lower           | 11                              | 8                                         | 73%                 |
|                    | Kohistan Upper           | 20                              | 12                                        | 60%                 |
|                    | Kolai Palas              | 10                              | 10                                        | 100%                |
|                    | Lakki Marwat             | 70                              | 69                                        | 99%                 |
|                    | Lower & Central Kurram   | 42                              | 5                                         | 12%                 |
|                    | Upper Kurram             | 41                              | 30                                        | 73%                 |
|                    | Malakand                 | 42                              | 23                                        | 55%                 |
|                    | Mansehra                 | 133                             | 116                                       | 87%                 |
|                    | Mardan                   | 80                              | 65                                        | 81%                 |
|                    | Nowshera                 | 56                              | 53                                        | 95%                 |
|                    | North Waziristan         | 13                              | 8                                         | 62%                 |
|                    | Peshawar                 | 156                             | 135                                       | 87%                 |
|                    | Shangla                  | 37                              | 35                                        | 95%                 |
|                    | Swabi                    | 64                              | 63                                        | 98%                 |
|                    | Swat                     | 77                              | 73                                        | 95%                 |
|                    | South Waziristan (Upper) | 93                              | 93                                        | 100%                |
|                    | South Waziristan (Lower) | 42                              | 29                                        | 69%                 |
|                    | Tank                     | 34                              | 32                                        | 94%                 |
|                    | Torghar                  | 14                              | 13                                        | 93%                 |
|                    | Mohmand                  | 68                              | 28                                        | 41%                 |
|                    | Orakzai                  | 69                              | 5                                         | 7%                  |
| Azad Jammu Kashmir | Mirpur                   | 37                              | 37                                        | 100%                |
|                    | Bhimber                  | 92                              | 49                                        | 53%                 |
|                    | Kotli                    | 60                              | 60                                        | 100%                |

|                             |                 |    |    |      |
|-----------------------------|-----------------|----|----|------|
|                             | Muzaffarabad    | 45 | 45 | 100% |
|                             | Poonch          | 46 | 46 | 100% |
|                             | Haveli          | 39 | 39 | 100% |
|                             | Bagh            | 54 | 54 | 100% |
|                             | Neelum          | 39 | 27 | 69%  |
|                             | Jhelum Valley   | 29 | 29 | 100% |
|                             | Sudhnooti       | 27 | 27 | 100% |
| Islamabad Capital Territory | ICT             | 23 | 22 | 96%  |
|                             | CDA             | 15 | 6  | 40%  |
| Balochistan                 | Gwadar          | 26 | 1  | 4%   |
|                             | Kech            | 44 | 37 | 84%  |
|                             | Khuzdar         | 74 | 5  | 7%   |
|                             | Killa Abdullah  | 26 | 26 | 100% |
|                             | Lasbella        | 55 | 55 | 100% |
|                             | Pishin          | 69 | 28 | 41%  |
|                             | Quetta          | 55 | 31 | 56%  |
|                             | Sibi            | 36 | 32 | 89%  |
|                             | Zhob            | 39 | 10 | 26%  |
|                             | Jaffarabad      | 16 | 16 | 100% |
|                             | Naserabad       | 32 | 32 | 100% |
|                             | Kharan          | 30 | 30 | 100% |
|                             | Sherani         | 15 | 0  | 0%   |
|                             | Kohlu           | 75 | 29 | 39%  |
|                             | Chagi           | 36 | 23 | 64%  |
|                             | Kalat           | 41 | 40 | 98%  |
|                             | Harnai          | 17 | 17 | 100% |
|                             | Kachhi (Bolan)  | 35 | 18 | 51%  |
|                             | Jhal Magsi      | 28 | 28 | 100% |
|                             | Sohbat pur      | 25 | 25 | 100% |
|                             | Surab           | 32 | 0  | 0%   |
|                             | Mastung         | 45 | 45 | 100% |
|                             | Loralai         | 33 | 28 | 85%  |
|                             | Killa Saifullah | 28 | 0  | 0%   |
|                             | Ziarat          | 29 | 13 | 45%  |
|                             | Duki            | 31 | 0  | 0%   |
|                             | Nushki          | 32 | 29 | 91%  |
|                             | Dera Bugti      | 45 | 26 | 58%  |
|                             | Washuk          | 46 | 0  | 0%   |
|                             | Panjgur         | 38 | 0  | 0%   |
|                             | Awaran          | 23 | 0  | 0%   |
|                             | Chaman          | 24 | 0  | 0%   |
|                             | Barkhan         | 20 | 19 | 95%  |
|                             | Hub             | 33 | 26 | 79%  |
|                             | Musakhel        | 41 | 18 | 44%  |
|                             | Usta Muhammad   | 34 | 34 | 100% |
| Gilgit Baltistan            | Hunza           | 32 | 32 | 100% |
|                             | Nagar           | 25 | 19 | 76%  |
|                             | Ghizer          | 38 | 38 | 100% |
|                             | Gilgit          | 44 | 41 | 93%  |
|                             | Diamer          | 62 | 53 | 85%  |

|       |                     |     |     |      |
|-------|---------------------|-----|-----|------|
|       | Astore              | 55  | 55  | 100% |
|       | Shigar              | 27  | 25  | 93%  |
|       | Skardu              | 53  | 52  | 98%  |
|       | Ganche              | 29  | 29  | 100% |
|       | Kharmang            | 46  | 25  | 54%  |
| Sindh | Hyderabad           | 72  | 72  | 100% |
|       | Ghotki              | 64  | 64  | 100% |
|       | Umerkot             | 62  | 62  | 100% |
|       | Naushahro Feroze    | 107 | 102 | 95%  |
|       | Tharparkar          | 276 | 244 | 88%  |
|       | Shikarpur           | 60  | 59  | 98%  |
|       | Thatta              | 52  | 51  | 98%  |
|       | Larkana             | 67  | 66  | 99%  |
|       | Kamber Shadadkot    | 71  | 71  | 100% |
|       | Karachi-East        | 21  | 14  | 67%  |
|       | Karachi-West        | 20  | 20  | 100% |
|       | Karachi-Malir       | 35  | 30  | 86%  |
|       | Karachi-Kemari      | 22  | 21  | 95%  |
|       | Karachi-Central     | 12  | 11  | 92%  |
|       | Karachi-Korangi     | 18  | 18  | 100% |
|       | Karachi-South       | 6   | 4   | 67%  |
|       | Sujawal             | 55  | 55  | 100% |
|       | Mirpur Khas         | 106 | 102 | 96%  |
|       | Badin               | 124 | 124 | 100% |
|       | Sukkur              | 64  | 63  | 98%  |
|       | Dadu                | 90  | 90  | 100% |
|       | Sanghar             | 100 | 98  | 98%  |
|       | Jacobabad           | 44  | 44  | 100% |
|       | Khairpur            | 170 | 164 | 96%  |
|       | Kashmore            | 59  | 58  | 98%  |
|       | Matiari             | 42  | 42  | 100% |
|       | Jamshoro            | 75  | 74  | 99%  |
|       | Tando Allahyar      | 54  | 54  | 100% |
|       | Tando Muhammad Khan | 41  | 41  | 100% |
|       | Shaheed Benazirabad | 122 | 122 | 100% |

**Table 7: IDSR reporting Tertiary care hospital Week 42, 2025**

| Provinces/Regions | Districts    | Total Number of Reporting Sites | Number of Reported Sites for current week | Compliance Rate (%) |
|-------------------|--------------|---------------------------------|-------------------------------------------|---------------------|
| AJK               | Mirpur       | 2                               | 2                                         | 100%                |
|                   | Bhimber      | 1                               | 1                                         | 100%                |
|                   | Kotli        | 1                               | 1                                         | 100%                |
|                   | Muzaffarabad | 2                               | 2                                         | 100%                |
|                   | Poonch       | 2                               | 2                                         | 100%                |

|       |                     |   |   |      |
|-------|---------------------|---|---|------|
|       | Haveli              | 1 | 1 | 100% |
|       | Bagh                | 1 | 1 | 100% |
|       | Neelum              | 1 | 0 | 0%   |
|       | Jhelum Vellay       | 1 | 1 | 100% |
|       | Sudhnooti           | 1 | 1 | 100% |
| Sindh | Karachi-South       | 3 | 1 | 33%  |
|       | Sukkur              | 1 | 0 | 0%   |
|       | Shaheed Benazirabad | 1 | 0 | 0%   |
|       | Karachi-East        | 1 | 1 | 100% |
|       | Karachi-Central     | 1 | 0 | 0%   |
| KP    | Peshawar            | 3 | 0 | 0%   |
|       | Swabi               | 1 | 0 | 0%   |
|       | Nowshera            | 1 | 0 | 0%   |
|       | Mardan              | 1 | 1 | 100% |
|       | Abbottabad          | 1 | 1 | 100% |
|       | Swat                | 1 | 1 | 100% |

## Strengthening Frontline Preparedness; Integrating One Health into Pakistan's FETP Curriculum

The National Institute of Health (NIH), Pakistan, in collaboration with the World Health Organization (WHO) under the Pandemic Fund, has taken a decisive step toward advancing the nation's health security framework. A two-day technical workshop was convened to review and update the Field Epidemiology Training Program (FETP) Frontline curriculum, embedding a One Health approach that reflects Pakistan's unique health system dynamics and cross-sectoral realities.



The workshop brought together senior representatives and technical experts from human, animal, and environmental health departments and ministries at both national and provincial levels. Their collective expertise and intersectoral collaboration were instrumental in refining the curriculum to ensure it better addresses the country's growing health challenges particularly those emerging at the intersection of humans, animals, and the environment.

The first day of the workshop focused on key thematic areas including workforce development under the International Health Regulations (IHR), an overview of the Pandemic Fund, a detailed presentation on FETP Pakistan's structure, and a review of the FETP Frontline course. Participants engaged in practical group exercises to update an NIH-developed outbreak investigation case study, ensuring the training content remains contextually relevant and field-oriented.

The second day featured group presentations and technical discussions aimed at aligning the revised curriculum with Pakistan's broader vision for health system strengthening and One Health operationalization. Participants outlined actionable recommendations to enhance coordination between sectors, improve surveillance data integration, and expand frontline epidemiology capacity across the provinces.



This initiative underscores NIH's continued leadership in public health workforce development and pandemic preparedness. By incorporating the One Health perspective into the FETP Frontline curriculum, Pakistan is reinforcing its commitment to early detection and rapid response against zoonotic and emerging infectious diseases.

As global health challenges grow increasingly complex, such efforts are vital to ensuring a prepared, skilled, and connected epidemiologic workforce capable of protecting communities and advancing the goals of the Global Health Security Agenda (GHSa) and IHR (2005). Through collaboration, innovation, and foresight, Pakistan continues to build a stronger frontline against future health threats.

## Knowledge Hub

### Acute Viral Hepatitis A & E: What You Need to Know

Acute viral hepatitis is an inflammation of the liver caused by a virus. Hepatitis A and Hepatitis E are two types of viral hepatitis that are very similar. They both cause an **acute** (short-term) illness and are spread through contaminated food or water. These viruses do not cause chronic (long-term) liver disease.

#### What are Hepatitis A and Hepatitis E?

Hepatitis A and Hepatitis E are two different viruses, but they cause a similar type of illness. Both viruses infect the liver, causing inflammation and affecting its ability to function. The illness is typically self-limiting, meaning it resolves on its own over time.

- **Hepatitis A:** A highly contagious liver infection caused by the Hepatitis A virus (HAV). It is the most common form of viral hepatitis worldwide.

- **Hepatitis E:** A liver infection caused by the Hepatitis E virus (HEV). It is also widespread, particularly in developing countries.

#### How Hepatitis A and E Spread

Both viruses spread through the **fecal-oral route**. This means a person becomes infected by ingesting something contaminated with the feces of an infected person.

- **Contaminated Food or Water:** This is the most common mode of transmission. Food can become contaminated if it is handled by an infected person who has not washed their hands properly. Water can be contaminated if it is exposed to sewage.
- **Person-to-Person Contact:** Direct contact with an infected person, such as during sex or caring for a sick person, can also spread the virus.

#### Signs & Symptoms

Symptoms for both Hepatitis A and Hepatitis E are often mild or absent, especially in young children. When symptoms do appear, they are usually the same for both viruses and can include:

- **Fever.**
- **Fatigue.**
- **Nausea or vomiting.**
- **Abdominal pain or discomfort,** especially in the liver area (upper right side of the belly).
- **Dark urine.**
- **Light-colored stools.**
- **Jaundice:** A yellowing of the skin and eyes.
- **Loss of appetite.**
- **Joint pain.**

Symptoms typically appear about **2-6 weeks after exposure** and last for a few weeks to a few months.

## Complications

Most people who get Hepatitis A or E recover completely with no lasting liver damage. However, in some cases, complications can occur.

- **Hepatitis A:** Very rarely, Hepatitis A can lead to **acute liver failure**, which is a life-threatening condition. This is more common in older adults and people with other liver diseases.
- **Hepatitis E:** Severe cases can also lead to **acute liver failure**. This is particularly dangerous for **pregnant individuals**, for whom Hepatitis E can have a very high fatality rate.

## Prevention

Preventing Hepatitis A and E involves both vaccination and good hygiene.

### Hepatitis A Prevention

- **Vaccination:** An effective vaccine is available and recommended for all children and for adults who are at increased risk, such as travelers to high-risk areas, men who have sex with men, and people with chronic liver disease.
- **Handwashing:** Wash hands with soap and water after using the bathroom, changing diapers, and before preparing or eating food.

### Hepatitis E Prevention

- **Vaccination:** A vaccine for Hepatitis E is available in some countries but not globally.

- **Safe Water:** Drink only bottled or boiled water, especially when traveling to areas where Hepatitis E is common.
- **Safe Food:** Avoid raw or undercooked shellfish, pork, and other meat products.

## Diagnosis and Treatment

- **Diagnosis:** Both Hepatitis A and E are diagnosed through a **blood test** that detects antibodies or the virus itself.
- **Treatment:** There is **no specific cure** for Hepatitis A or E. Treatment focuses on supportive care to manage symptoms. This includes rest, adequate nutrition, and hydration. A healthcare provider may recommend medications for nausea or other symptoms.

## More Information

For additional authoritative information on Hepatitis A and E, please visit:

- **Centers for Disease Control and Prevention (CDC):**
  - <https://www.cdc.gov/hepatitis/hav/index.htm>
  - <https://www.cdc.gov/hepatitis/hevev/index.htm>
- **World Health Organization (WHO):**
  - <https://www.who.int/news-room/fact-sheets/detail/hepatitis-a>
  - <https://www.who.int/news-room/fact-sheets/detail/hepatitis-e>
- **Public Health Agency of Canada (PHAC):**
  - <https://www.canada.ca/en/public-health/services/diseases/hepatitis-a.html>
- **UK Health Security Agency (UKHSA) / National Health Service (NHS):**
  - <https://www.nhs.uk/conditions/hepatitis/>

# Hepatitis A & E

Information for schools

## Sources of infection

Foodborne and waterborne, transmitted through ingesting contaminated food and drink.

## Types of exposure & prevention

Hepatitis A and E are transmitted by ingesting contaminated food or drink or through direct contact with an infected person. Poor food hygiene, unsafe water, and lack of sanitation are the leading causes of hepatitis. Prevent it by:



Getting vaccinated for hepatitis A.



Washing hands before touching food and after using the toilet



Only drinking clean and boiled water



Only using ice or ice products made with clean water



Cooking food well and keeping it at a safe temperature



Avoiding open defecation. Use toilets that are clean and have water and soap

## Symptoms



**Jaundice**  
(yellowing of the skin and whites of eyes)



**Dark urine**



**Fatigue**



**Nausea**



**Vomiting**



**Abdominal pain**



**Malaise**



**Clay-coloured stool**

**Actions to take in case of symptoms:**



Some medicines should not be taken during hepatitis A, hence avoid self-medication. Seek medical advice and only take medications prescribed by a doctor.



World Health Organization  
REGIONAL OFFICE FOR THE Eastern Mediterranean

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