



Dengue Fever

What is dengue?

Dengue (pronounced den'gee) is a disease caused by four dengue viruses. The dengue virus can cause dengue fever, a flu-like illness, or dengue hemorrhagic fever, a severe complication of dengue.

How do people get infected with dengue?

The virus is spread by being bitten by an *Aedes* mosquito infected with dengue virus.

What are the symptoms of dengue?

Dengue Fever: Symptoms of dengue fever are a high fever, rash, severe headache, pain behind the eyes, and muscle and joint pain. Other common symptoms are nausea, vomiting, and loss of appetite.

Dengue Hemorrhagic Fever: This is a more severe form of dengue fever. Symptoms include fever lasting 2 to 7 days followed by vomiting, abdominal pain, and difficulty breathing.

How soon do symptoms begin after exposure?

Symptoms may develop 3 to 14 days (usually 4-7 days) after being bitten by an infected mosquito.

What is the treatment for dengue?

There is no specific medicine to treat for dengue fever. Symptoms may improve with rest, drinking fluids, and/or taking pain relievers containing acetaminophen. Speak to your healthcare provider for specific recommendations.

No specific treatment is available for dengue hemorrhagic fever. Most individuals require hospitalization. Individuals may be effectively treated with fluid replacement therapy if the person is diagnosed early.

Where can outbreaks of dengue occur?

Dengue occurs mostly in tropical areas of the world including countries in Latin America, the Caribbean, and South America. Dengue has been found in Texas, Florida, and Hawaii. Outbreaks occur in areas where *Aedes aegypti* mosquitoes live.

What should I do if I think I (or someone I know) might be infected with dengue?

Contact your healthcare provider and notify them of any recent mosquito exposure or travel, especially outside of the United States. Your healthcare provider may order blood tests.

What should I do if I am diagnosed with dengue?

If you are diagnosed with dengue, stay inside and avoid mosquito bites during your first week of illness.

Who is at risk of infection?

Travelers who go to tropical or subtropical regions are at risk for getting dengue.

Dengue, countries or areas at risk, 2013



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How is dengue infection prevented?

1. There is no vaccine or medication to prevent dengue.
2. Reduce mosquito exposure in the following ways when traveling to affected areas:
 - Keep windows closed and use air conditioning
 - If windows are open, use window/door screens
 - Use mosquito repellents containing 20-30% DEET, 15% picaridin, 15% IR3535, or 30 % oil of lemon eucalyptus on exposed skin according to product instructions
 - Wear long-sleeved shirts and long pants
 - Wear permethrin-treated clothing
 - Use mosquito nets
 - Empty standing water from outdoor containers