

## DENGUE FEVER INFORMATION

### Q: What is dengue fever?

**A:** Dengue fever and dengue hemorrhagic fever are viral diseases transmitted by Aedes mosquitoes, usually Aedes aegypti.

### Q: How does dengue fever occur?

**A:** Dengue viruses spread to humans by the bite of female mosquitoes. These mosquitoes acquire the virus while feeding on the blood of an infected person. The virus circulates in the blood of infected humans for 2 –7 days leading to fever. Recovery from infection provided immunity against that particular virus but offers only partial protection against the other three viruses. In fact, subsequent infection increases the risk of a more complicated fever called as "**dengue hemorrhagic fever**".

### Q: What are the clinical features of dengue fever?

**A:** In infants and young children, dengue presents as a mild fever with rash. Older children and adults may have the classical symptoms of high fever, severe headache, pain behind the eyes, pain in the joints and muscles and rash. The pain in the back may be so severe that it is also called as backbreaking fever. Dengue fever is usually self-limiting.

Dengue hemorrhagic fever is characterized by high fever, bleeding and liver enlargement. It requires urgent hospitalization as it may even lead to death.

### Q: What is the treatment of dengue fever?

**A:** Treatment for dengue and dengue hemorrhagic fever is supportive. Painkillers may be needed for severe body ache. The patient should take adequate fluids to prevent dehydration. In case of bleeding or any other complications, patient may require hospitalization.

### Q: How can dengue be prevented?

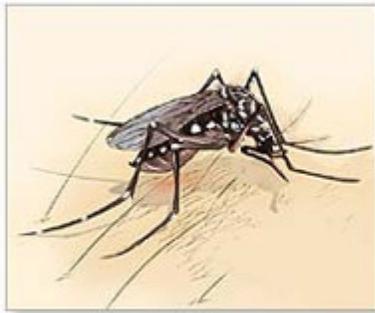
**A:** The only method of preventing dengue is controlling the mosquito infestation. The mosquito causing dengue primarily breeds in man-made containers like uncovered barrels, buckets, flower vases or pots, old tires, cans and cisterns. Proper solid waste disposal and improved water storage practices, including covering containers should be encouraged. Insecticides should use periodically. The use of mosquito repellents is advised.

The principal vector mosquito, A. aegypti prefers to feed on humans during the daytime and most frequently is found in or near human habitations. There are two peak periods of biting activity, in the morning for several hours after daybreak and in the late afternoon for several hours before dark

Vaccination is not yet available. Vaccine development is difficult because any of the four different viruses may cause disease and because protection against only one or two dengue viruses could actually increase the risk of dengue hemorrhagic fever.

Tips to reduce your risk of getting dengue fever by protecting yourselves from mosquito bites. The mosquitoes that spread dengue usually bite at dusk and dawn but may bite at any time during the day, especially indoors, in shady areas, or when the weather is cloudy.

Dengue fever is characterized by: Fever  
Rash  
Muscle and joint pains



Aedes aegypti mosquito



ADAM.

**Please follow the steps below to protect yourself from mosquito bites:**

- As much as possible, stay in well screened or air conditioned rooms and that take measures to reduce the mosquito population.
- When outdoors or in areas that are not well screened, use insect repellent on uncovered skin. Always apply sunscreen before insect repellent.
- Look for a repellent that contains one of the following active ingredients: DEET, picaridin (KBR 3023), Oil of Lemon Eucalyptus/PMD, or IR3535. Always follow the instructions on the label when you use the repellent.
- The American Academy of Pediatrics approves of the use of repellents with up to 30% DEET on children over 2 months old.
- Protect babies less than 2 months old by using a carrier draped with mosquito netting with an elastic edge for a tight fit. For more information about the use of repellent on infants and children, please see the "Insect and Other Arthropod Protection" section in Traveling Safely with Infants and Children and the "Children" section of CDC's Frequently Asked Questions about Repellent Use.

**Follow the precautions listed bellow when using repellents:**

- Use enough repellent to cover exposed skin or clothing. Do not apply repellent to skin that is under clothing. Heavy application is not necessary to achieve protection.
- Do not apply repellent to cuts, wounds, or irritated skin.

- After returning indoors, wash treated skin with soap and water.
- Do not spray aerosol or pump products in enclosed areas; do not inhale the aerosol.
- Do not apply aerosol or pump products directly to the face. Spray hands and then rub them carefully over the face, avoiding eyes and mouth.
- When using repellent on a child, an adult should apply it to his or her own hands and then rub them on the child. Avoid the child's eyes and mouth and apply sparingly around the ears.
- Do not apply repellent to children's hands. (Children tend to put their hands in their mouths.)
- Do not allow children younger than 10 years old to apply insect repellent to themselves; an adult should do it for them. Keep repellents out of reach of children.