



DENGUE FACT SHEET

What is dengue?

Dengue (pronounced den' gee) is transmitted to humans by the bite of an infected mosquito and is caused by any one of four closely related dengue viruses (DEN-1, DEN-2, DEN-3, and DEN-4).

What is dengue hemorrhagic fever (DHF)?

DHF is a more severe form of dengue. It can be fatal if not properly treated.

How are dengue and dengue hemorrhagic fever (DHF) spread?

Dengue and DHF are transmitted to humans by the bite of an infected *Aedes aegypti* and *Aedes albopictus* mosquito. The mosquito becomes infected with dengue when it bites a person that has dengue or DHF. The mosquito can transmit the virus while biting a healthy person within 8-10 days. It cannot be spread from person to person. Both are domestic, day-biting mosquitoes that prefer to feed on humans.

Who is most at risk?

Dengue is found in tropical urban and woody suburban areas where *Aedes aegypti* and *Aedes albopictus* mosquitoes are present. People who live in or travel to areas where dengue regularly occurs are at an increased risk of being infected with the virus. Multiple infections of dengue increase the likelihood of contracting DHF.

What are the symptoms of dengue?

Symptoms of dengue appear 3 to 14 days after infection and include:

- sudden onset of high fever
- severe headache and backache
- joint pains
- nausea and vomiting
- eye pain
- rash

Younger children have a milder illness than older children and adults. Most people recover completely within two weeks.

DHF is characterized by a fever that lasts from 2 to 7 days, nausea and vomiting, abdominal pain, and headache. This stage is followed by a bleeding nose or gums, bruising easily and possibly internal bleeding.

What is the treatment for dengue?

There is no specific medication for treatment of dengue. Persons who think they have dengue should consult a physician. They should also drink plenty of fluids, rest, and use pain relievers with acetaminophen, avoiding pain relievers that contain aspirin.

Is there an effective treatment for dengue hemorrhagic fever (DHF)?

There is no specific medication for treatment of DHF. If diagnosed early, it can be effectively treated by fluid replacement therapy. Hospitalization is usually required.

How can dengue be prevented?

There is no vaccine for preventing dengue. Preventing mosquito bites will prevent infection. To decrease exposure to mosquitoes and the viruses they may carry, personal protective measures include:

- When outdoors, use an insect repellent containing the active ingredient, DEET, Picaridin, oil of lemon eucalyptus or IR3535 and apply as directed on the label.
- Wear long pants and long sleeved shirts when outdoors particularly at dawn and dusk.
- Remove or empty containers that hold water (discarded tires in particular). Bird baths and pet bowls should be changed twice a week.
- Keep lawn clippings out of the storm drains.
- Fill in tree holes and all low areas where water collects.
- Make sure screens on windows and doors are in good condition.
- To control mosquitoes inside a house, use a “flying insect spray”. Be sure to use according to directions on the label.

Where can I get more information on dengue?

www.dshs.state.tx.us

www.cdc.gov

Source of information:

Centers for Disease Control and Prevention (CDC)

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