

DENGUE

Dengue has become an increasingly severe problem. Dengue is spread to people through the bite of infected mosquitoes. Mosquitoes that spread dengue live in or near human surroundings and bite during the day.

WHAT IS DENGUE?

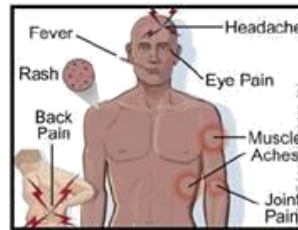


- A viral disease caused by bite of infected female Aedes mosquitoes.
- It is caused by any one of four closely related dengue viruses (DENV 1, DENV 2, DENV 3, or DENV 4).

SYMPTOMS OF DENGUE:

Dengue symptoms come on suddenly and include:

- High fever
- Severe headaches
- Joint and muscle pain
- Rash often follows
- The acute illness can last up to ten days, but complete recovery can take two to four weeks.
- A person can catch the disease multiple times – making a person more prone to dengue hemorrhagic fever (DHF).



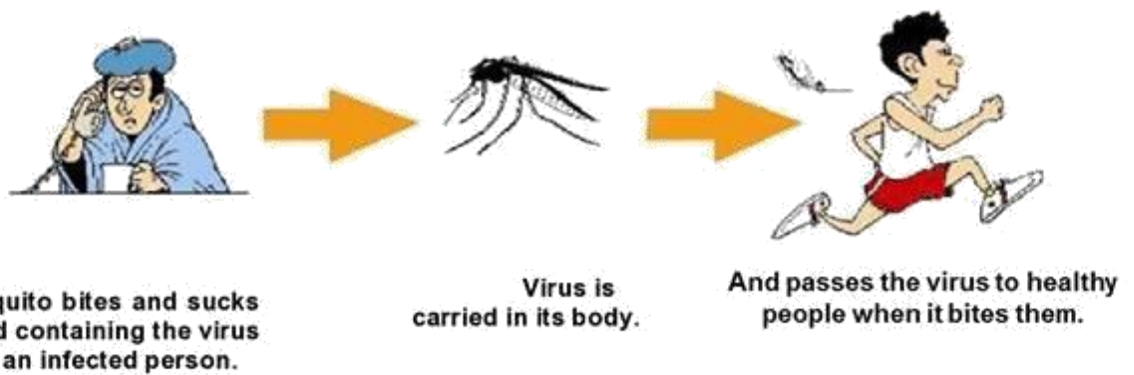
DHF SYMPTOMS:

Symptoms of Dengue hemorrhagic fever (DHF) are:

- high fever.
- often with enlargement of the liver, and
- in severe cases circulatory failure.

DENGUE TRANSMISSION

- Dengue viruses are transmitted to humans through the bites of infected female Aedes mosquitoes.
- Infected humans are the main carriers and multipliers of the virus.
- The virus circulates in infected person's blood for 2 to 7 days and may be transmitted further.



DENGUE PREVENTION

There is no vaccine against dengue fever, although research is underway.

The only way to prevent dengue infection is to prevent mosquito bites

- Wear long sleeves and long pants, and use insect repellents.

NOTE: The mosquito that transmits dengue is active during the day, unlike the mosquito that carries the malaria virus which is more active between dusk and dawn.



DO'S & DON'TS OF DENGUE

- Remove water from** coolers and other small **containers** at least once in a week
- Use aerosol** during day time to **prevent the bites of mosquitoes**
- Do not** wear clothes that **expose arms and legs**
- Use **mosquito nets** or **mosquito repellents** while sleeping during day time