

TEN FREQUENTLY ASKED QUESTIONS ON DENGUE



English	What is dengue fever?	Dengue fever is a mosquito-borne disease caused by one of four closely related dengue viruses (DENV 1, DENV 2, DENV 3, and DENV 4) spread to people through the bite of an infected mosquito. Once a person recovers from illness caused by one of the four dengue sero types, the person then develops lifetime immunity to that serotype.
	What are the symptoms of dengue fever?	For people who get sick with dengue fever, also known as "break-bone fever," symptoms can be mild or severe, with any of the following: fever, nausea and vomiting; rash; muscle and bone pain (eye pain, typically behind the eyes, muscle, joint, or bone pain). Symptoms typically last 2 - 7 days. Most people will recover after about a week. Warning signs of severe dengue are abdominal pain, persistent restlessness, vomiting, and bleeding. If someone is experiencing these symptoms, they should seek urgent medical attention.
	How is dengue spread?	Dengue virus is most often spread through the bite of an infected mosquito.
	How do mosquitos spread dengue?	1) A mosquito bites a person infected with dengue virus. 2) The virus multiplies in the mosquito until it can be spread to a human when the mosquito feeds again. 3) The mosquito bites another person and transmits the virus. 4) The virus multiplies in the person and then infects additional mosquitoes when they bite that person.
	What are the symptoms of severe dengue?	Anyone with dengue illness can develop severe dengue. The warning signs of severe dengue generally begin in the 24–48 hours after your fever has gone away. If you or a family member develops any of the following symptoms, immediately go to a local clinic or emergency room: <ul style="list-style-type: none"> » Stomach or belly pain, tenderness » Vomiting (at least 3 times in 24 hours) » Bleeding from the nose or gums » Vomiting blood, or blood in the stool » Feeling tired, restless, or irritable

	<p>What do I do if I or a family member has dengue fever?</p>	<p>While there is no specific medicine to cure dengue, see a healthcare provider if you have symptoms of dengue. They will evaluate your condition and order appropriate testing. Also you can help your body recover by:</p> <ul style="list-style-type: none"> • Rest as much as possible. • Take acetaminophen (Tylenol) to control fever and relieve pain. <ul style="list-style-type: none"> » Do not take aspirin or ibuprofen, as this can increase the risk of bleeding. • Drink plenty of fluids such as water or drinks with added electrolytes to stay hydrated.
	<p>What can I do to prevent dengue?</p>	<p>Avoid mosquito bites: Use Insect Repellent</p> <ul style="list-style-type: none"> • Use one with these Environmental Protection Agency approved active ingredients. <ul style="list-style-type: none"> » DEET » Picaridin (known as KBR 3023 and icaridin outside the US) » IR3535 » Oil of lemon eucalyptus (OLE) » Para-menthane-diol (PMD) » 2-undecanone • Wear light-colored long-sleeved shirts and long pants <p>TIPS: 1) Always follow the product label instructions, 2) Reapply insect repellent as directed. Do NOT spray repellent on the skin under clothing. If you are also using sunscreen, apply sunscreen first and insect repellent second.</p> <p>Tips for babies and children</p> <ul style="list-style-type: none"> • Always follow instructions when applying insect repellent to children. • Do not use insect repellent on babies younger than 2 months old. <ul style="list-style-type: none"> » Instead, dress your child in clothing that covers arms and legs. » Cover strollers and baby carriers with mosquito netting. • Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old. • Adults: Spray insect repellent onto your hands and then apply to a child's face. <ul style="list-style-type: none"> » Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.

	<p>Is there a dengue vaccine?</p>	<p>In May 2019, Dengvaxia® was approved by the U.S. Food and Drug Administration (FDA) in the United States for use in children 9-16 years old living in an area where dengue is common (the US territories of American Samoa, Puerto Rico and the US Virgin Islands), with laboratory confirmed prior dengue virus infection. It is effective only in people who have already had the infection. It is not available or appropriate for the Guam community.</p>
	<p>Should people be quarantined to prevent the spread of dengue?</p>	<p>A person with dengue fever does not require quarantine or isolation from others as dengue is not spread from person to person. The dengue virus is transmitted to humans by the bite of an infected mosquito. Therefore, all people are encouraged to isolate themselves from mosquitoes to prevent transmission especially if they are ill with dengue.</p>
	<p>How is dengue diagnosed?</p>	<p>To diagnose dengue, a healthcare provider may order blood tests to look for dengue or other similar viruses like Zika or chikungunya. A blood test is the only way to confirm the diagnosis.</p>