



## DENGUE FACT SHEET

### WHAT IS DENGUE?

Dengue is caused by any one of four related viruses spread by mosquitoes. Dengue virus is a leading cause of illness and death in the tropics and subtropics. Although dengue rarely occurs in the continental United States, it is endemic in Puerto Rico and in many popular tourist destinations in Latin America, Southeast Asia and the Pacific islands

### HOW DO YOU GET DENGUE?

- Through the bite of an infected mosquito In rare cases dengue can be transmitted in organ transplants or blood transfusions from infected donors, and there is evidence of transmission from an infected pregnant mother to her fetus

### SYMPTOMS

Symptoms of infection usually begin 4 to 7 days after the mosquito bite and typically last 3 to 10 days.

- Severe headache
- High fever
- Pain behind the eyes
- Joint pain
- Muscle and bone pain
- Rash
- Mild bleeding (nose, gums, or easy bruising)
- When the fever declines, persistent vomiting, severe abdominal pain, and difficulty breathing may develop

### TREATMENT AND PREVENTION

There are not yet any vaccines to prevent infection with dengue virus and the most effective protective measures are those that avoid mosquito bites such as:

- Dump any standing water
- Use insect repellent
- When possible, wear long sleeves and long pants for additional protection
- Use window and door screens. Repair any holes.

### DPHD EFFORTS:

Reports of suspected and confirmed cases of disease are made to the Delaware Public Health District. The Health District investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.