

# Dengue

JUNE 2019

Dengue fever and dengue hemorrhagic fever are acute viral infections that affect infants, young children, and adults.

## Cause

Bite of an *Aedes aegypti* mosquito infected with any one of the four dengue viruses

## Mode of Transmission

Transmitted by a day-biting mosquito called *Aedes aegypti* and *Aedes albopictus* (These mosquitoes lay eggs in clear and stagnant water found in flower vases, cans, rain barrels, old rubber tires, etc. The adult mosquitoes rest in dark places of the house.)

## Signs and Symptoms

- Sudden onset of high fever which may last from 2 to 7 days.
- Joint and muscle pain and pain behind the eyes
- Weakness
- Skin rashes
- Nosebleeding when fever starts to subside
- Abdominal pain
- Vomiting of coffee-colored matter
- Dark-colored stools
- Difficulty of breathing

## Treatment

- Do not give aspirin for fever.
- Give sufficient amount of water or rehydrate a dengue suspect.
- If fever or symptoms persist for 2 or more days, bring the patient to the nearest hospital.

## Prevention and Control

Follow the 4-S against Dengue:

### 1. Search and Destroy

- Cover water drums and pails.
- Replace water in flower vases once a week.
- Clean gutters of leaves and debris.
- Collect and dispose all unusable tin cans, jars, bottles and other items that can collect and hold water.

### 2. Self-Protection Measures

- Wear long pants and long sleeved shirt.
- Use mosquito repellent every day.

### 3. Seek Early Consultation

- Consult the doctors immediately if fever persists after 2 days and rashes appears.

### 4. Say Yes to Fogging When There is an Impending Outbreak or a Hotspot

