



Dengue

Definition:

Dengue is a disease caused by any one of four closely related dengue viruses. They are transmitted to humans by the bite of an infected mosquito. Dengue is classified into several subtypes including: dengue, dengue-like illness, and severe dengue.

Signs and symptoms:

The principal symptoms of dengue fever are high fever, severe headache, severe pain behind the eyes, joint pain, muscle and bone pain, rash, and mild bleeding. Dengue hemorrhagic fever (DHF) is a more severe form of dengue characterized by the onset of one or more warning signs 24-48 hours after fever subsides. These warning signs can include stomach or belly pain or tenderness, vomiting, bleeding from the nose or gums, vomiting blood or blood in the stool, feeling tired, restless or irritable. DHF is a medical emergency and requires immediate medical attention or hospitalization.

Transmission:

Dengue is transmitted through the bite of an infected *Aedes* mosquito. The mosquitos that transmit dengue are not found in Maine. Dengue transmission is common in tropical and subtropical areas of the world. There is no direct human to human transmission.

Diagnosis:

Dengue can be diagnosed by a healthcare provider through clinical evaluation and laboratory testing

Role of the School Nurse:

Prevention

- Make efforts to reduce human exposure to mosquitoes particularly when traveling to endemic areas, including:
 - Draining artificial sources of standing water
 - Covering exposed skin by wearing loose-fitting, long-sleeved shirts and pants
 - Using EPA approved repellents
 - Avoiding being outdoors during the hours when mosquitoes are most active; this may include rescheduling sporting practices/games and other outdoor events
 - Staying in places with air conditioning and with window/door screens, or using a bed net if not available or sleeping outdoors.
- School nurse should encourage the use of EPA approved repellents when outside (following local policy guidelines).
 - School nurses can apply repellent with parental permission (see https://www.maine.gov/dacf/php/integrated_pest_management/school/index.shtml)

Treatment Recommendations

- If symptoms are noted, the child should be referred to his or her primary care provider for evaluation.

- There is no specific treatment for dengue infections. Persons who think they have dengue should use pain relievers with acetaminophen and avoid those containing aspirin.

Exclusions

- There is no need to exclude students from school for dengue.
- Educational modifications may be warranted in children with a positive diagnosis.

Reporting Requirements

- Dengue is reportable within 48 hours of recognition or strong suspicion of illness.

Resources:

- Federal CDC Dengue website: www.cdc.gov/dengue
- Federal CDC Yellow Book: Infectious Diseases Related to Travel: Dengue
<https://wwwnc.cdc.gov/travel/yellowbook/2024/infections-diseases/dengue>
- Federal CDC Travelers' Health website: <http://wwwnc.cdc.gov/travel>
- Insect Repellent Finder (including duration of protection):
www.epa.gov/insect-repellents/find-repellent-right-you