

Dengue

Fact Sheet



Dengue is a disease caused by one of four related viruses. It spreads to people through the bite of an infected mosquito.



Dengue is found in at least 100 countries in Asia, the Pacific Islands, the Americas, Africa, and the Caribbean. People who travel to these areas are at the greatest risk.

Symptoms



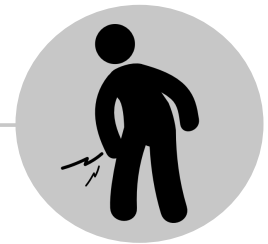
Fever



Headache



Pain Behind the Eyes



Muscle, Joint, and Bone Pain



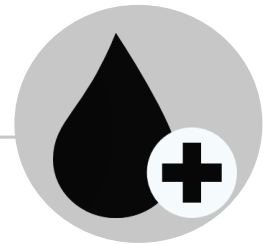
Nausea and Vomiting



Rash



Severe Stomach Pain



Bleeding

Symptoms usually start four to seven days after being bitten by an infected mosquito and last two to seven days. Most people recover after about a week.

About 1 in 20 people who get sick with dengue will develop severe dengue (dengue hemorrhagic fever or DHF). Warning signs for severe dengue usually begin 24-48 hours after fever goes away. These warning signs can include stomach or belly pain, vomiting, bleeding from the nose or gums, blood in the stool, feeling tired, restless, or irritable. If you develop any warning signs, see a health care provider or go to the emergency room right away.



Talk to a health care provider if you have any of these symptoms after traveling to an area with dengue. They may take blood samples to test for dengue. There is no specific treatment for dengue, but over-the-counter drugs can help symptoms. **Do not take aspirin or ibuprofen** as they can increase the risk of bleeding.

Prevent Dengue

The best way to prevent dengue is to protect yourself and your family from mosquito bites. This is important when traveling to areas with risk of dengue.

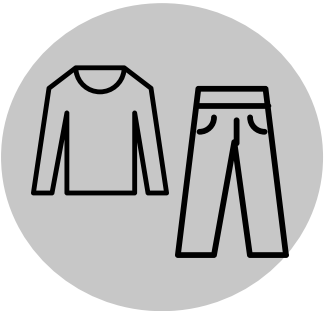


Use an EPA-approved repellent for use on skin such as:

- DEET
- Oil of Lemon Eucalyptus
- IR 3535
- Picaridin



Use permethrin on clothing



Wear long-sleeved shirts and long pants when outside



Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outside

For More Information, Visit:



1. www.maine.gov/dhhs/vectorborne
2. www.cdc.gov/dengue
3. wwwnc.cdc.gov/travel/notices (for Travel Health Notices)
4. www.epa.gov/insect-repellents/find-repellent-right-you (For EPA-approved repellents)

You can also call Maine CDC at 1-800-821-5821.