

IDRS Infectious Disease Reporting System

Disease Reporting 24 Hours a Day

Columbus Public Health and Franklin County Public Health

DENGUE FEVER

Dengue fever is a disease caused by the dengue virus. The virus is transmitted by bites from certain types of mosquitoes and is found in most tropical and subtropical areas.

Symptoms

Symptoms of dengue develop within 3 to 15 days of a mosquito bite, usually 5 or 6 days. They include:

- high fever that starts suddenly (103-106°)
- severe headaches and backache
- joint and muscle pain
- nausea/vomiting
- swelling of the face
- rash, which may appear 3–4 days after the fever begins.
- Young, healthy people and those with their first dengue infection often have milder symptoms.
- Some patients develop a serious form called dengue hemorrhagic fever (DHF). Symptoms of DHF include easy bruising, blood in the urine (pee) or stool (poop), bloody nose or gums, persistent vomiting, severe stomach pain, and difficulty breathing. If untreated these symptoms may lead to death.

Transmission

- Dengue is transmitted to people by the bite of a mosquito that is infected with a dengue virus. The mosquito becomes infected with dengue virus when it bites a person who has dengue virus in their blood. After about one week, the mosquito can then transmit the virus while biting a healthy person.
- Travelers to tropical areas are more likely to be bitten by a dengue-carrying mosquito. The types of mosquitoes that carry dengue virus are rare in Ohio and the rest of the United States.
- Humans cannot spread Dengue to one another. The virus only travels through mosquitoes.

Treatment

- Travelers should alert their health care provider of any illnesses that occur after travel outside the U.S.
- There is no cure for Dengue, so treatment is aimed at treating the symptoms. The symptoms of dengue can be treated with bed rest, fluids, and medications to reduce fever, such as acetaminophen (Tylenol). Do not take Aspirin because it can decrease the blood's ability to clot and lead to complications.
- Severe cases and those that progress to dengue hemorrhagic fever require hospitalization with intensive monitoring and treatment.

Prevention

- Prevent mosquito bites especially when traveling to areas where dengue fever is common.
 - Use mosquito repellents on skin and clothing, and sleep under bed nets.
 - Avoid outdoor activities during the peak mosquito biting times of dawn, dusk and evening.
 - If weather permits, wear long pants, long sleeves, and/or socks.
 - Stay in screened or air conditioned areas during peak mosquito biting times.
- Eliminate mosquito breeding sites by covering or discarding items that collect water outdoors (for example, plastic containers, buckets, or used tires). Empty containers of standing water weekly.

All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.



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