



DENGUE



QUICK FACTS ON DENGUE:

- Dengue viruses spread to people through the bite of an infected Aedes species mosquito:
 - Aedes aegypti and Aedes albopictus
- Dengue is the fastest spreading vector-borne disease in the world endemic in 100 countries.
- Dengue virus has four serotypes; DENV1, DENV2, DENV3, DENV4.

SYMPTOMS OF DENGUE

- Fever- most common
- Nausea, vomiting
- Rash
- Aches and pains
- **Any warning signs;** Belly pain tenderness, vomiting at least 3 times in 24 hours, bleeding from the nose or gums, vomiting blood or blood in the stool, feeling tired, restless or irritable
- Mild symptoms typically last for 2-7 days. Most people recover after about a week.

DENGUE CASE CLASSIFICATION AND LEVEL OF SEVERITY;



A. Dengue without warning signs

- Acute febrile illness of 1-7 days duration plus two of the following: headache, body malaise, etc.
- Positive laboratory tests: CBC , antigen test, antibody test, or viral culture.



B. Dengue with warning signs

- Acute febrile illness of 1-7 days plus any of the following; abdominal pain or tenderness, persistent vomiting, clinical signs of fluid accumulation, bleeding, restlessness, liver enlargement, increase in hematocrit and/or decreasing platelet count



C. Severe dengue

- Severe bleeding or organ impairment



TREATMENT

Dengue is managed supportively. Early medical intervention is important to avoid complications.



PREVENTION

The Department of Health encourages us to do the “Enhanced 4S Strategy”

- **Search and Destroy** all potential breeding places
- **Self Protection Measures** through use of proper clothing of insect repellants, screen on doors and windows of the home, or mosquito nets as needed
- **Seek Early Consultation** once with symptoms
- **Say yes to fogging** only during outbreaks