

MEDICAL BULLETIN
APRIL 2024

DENGUE

Dengue fever is a viral infection transmitted by the Aedes mosquito. It is most common in tropical and subtropical regions of the world, including Southeast Asia, Central and South America, and Africa.

In some cases, dengue fever can progress to a more severe form called dengue hemorrhagic fever, which can be life-threatening. Symptoms of dengue hemorrhagic fever include severe abdominal pain, persistent vomiting, rapid breathing, bleeding under the skin, and/or organ damage.

There is no specific treatment for dengue fever. Treatment mainly involves relieving symptoms, such as pain and fever, and preventing dehydration. In severe cases, hospitalization may be necessary.



APRIL 2024

PREVENTION TIPS

The symptoms of dengue fever typically appear within 4 to 7 days after being bitten by an infected mosquito and can last up to 2 weeks. These symptoms may include:

- High fever (often above 102°F or 39°C)
- Severe headache, typically behind the eyes
- Pain in the joints, muscles, and/or bones
- Rash that appears 2 to 5 days after the onset of fever
- Mild bleeding from the nose or gums
- Fatigue
- Nausea and vomiting
- Mild to severe abdominal pain

The best way to prevent dengue fever is to prevent mosquito bites. This can be done by wearing long sleeves and pants, using mosquito repellents, and avoiding areas with high mosquito activity. Mosquito breeding sites, such as standing water, should also be eliminated to reduce the mosquito population.

If you experience symptoms of dengue fever, seek medical attention immediately, especially if you live in or have recently traveled to an area where dengue fever is common. Early detection and prompt treatment can help prevent complications and improve outcomes.

