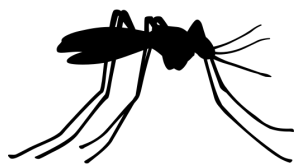


Dengue

Fact Sheet



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



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

Signs and Symptoms



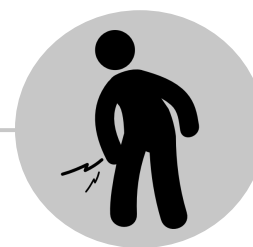
High Fever



Severe Headache



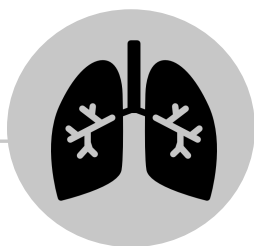
Pain Behind the Eyes



Muscle, Joint, and Bone Pain



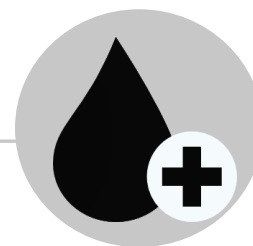
Vomiting



Difficulty Breathing



Severe Stomach Pain



Bleeding

People with dengue usually have a high fever and any of the following: severe headache, severe eye pain, joint pain, muscle and/or bone pain, rash, mild bleeding, or nausea and vomiting. Signs and 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.

A more severe type of dengue (dengue hemorrhagic fever or DHF) consists of one or more warning signs 24-48 hours after fever breaks. 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 healthcare provider or go to the emergency room immediately.



Talk to your doctor if you have any of these signs or symptoms after traveling to an area with dengue. Your doctor may take blood samples to test for dengue. There is no specific treatment 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/dengue
2. www.cdc.gov/dengue
3. wwwnc.cdc.gov/travel/notices (Travelers' Health page)
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.