

Dengue Information Sheet

What is dengue?

Dengue is a disease caused by a virus that is spread through the bite of an infected mosquito. Dengue can cause mild to severe illness in humans. It is common in parts of Asia, the Pacific, the Caribbean, Central and South America and Mexico. To date, Maricopa County has only identified cases of dengue that individuals caught in other places. However, the mosquito that spreads the disease is very common in Maricopa County so we need to take steps to prevent local spread.

How can you catch dengue?

Mosquitoes become infected after biting a person who has dengue virus in their blood. After about one week, the infected mosquito can then spread the disease when biting another person. Dengue is not known to spread directly from one person to another.

What are the symptoms of dengue?

About 1 in 4 people infected with dengue show symptoms. Symptoms usually occur 4 to 7 days after a bite from an infected mosquito and can last up to 10 days. Severe symptoms may appear after the fever goes down. Symptoms may include:

Milder symptoms (more common)

- Fever
- Headache
- Pain behind the eyes
- Rash
- Joint, muscle, or bone pain
- Nausea
- Vomiting

Severe symptoms (less common)

- Bleeding from the nose or gums
- Black poop
- Persistent vomiting or vomiting blood
- Severe abdominal pain
- Difficulty breathing

Seek healthcare immediately if any severe symptoms develop.

How can you be treated for dengue?

There is no specific medication to treat dengue. Your doctor may recommend rest, fluids, and medication containing acetaminophen to relieve fever and pain. ***Aspirin and ibuprofen should be avoided.*** If you develop severe symptoms, seek immediate care at a hospital.

How can you prevent dengue?

- There is currently no vaccine to prevent dengue.
- If you live in or travel to areas with dengue, the best way to prevent illness is to avoid mosquito bites. To avoid mosquito bites:
 - Use an insect repellent containing DEET or other effective ingredient on exposed skin.
 - Wear long sleeves and pants when possible.
 - Use screens on windows and doors or air conditioning to keep mosquitoes out.
 - Remove or empty containers that hold water around your home twice a week.
- If you have returned from a dengue affected area, avoid mosquito bites for at least 7 days.