

Avoid Dengue by Preventing Mosquito Bites

Dengue :

Each year, an estimated 400 million people are infected with dengue virus through the bites of infected mosquitoes. About 100 million get sick. Outbreaks have occurred in Southeast Asia, the Western Pacific, the Eastern Mediterranean, the Americas, the Caribbean, and Africa.

Symptoms of Dengue

The most common symptoms are **fever** and **one or more of the following**

- Headache
- Eye pain (typically behind the eyes)
- Muscle, joint, or bone pain
- Rash
- Nausea and vomiting

Severe dengue is an emergency. Recognise the warning signs.

- **If you or a family member develops any of these warning signs, go to a local clinic or emergency room immediately:**
- Stomach or 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

Prevent Dengue: Here's How

- No medicine is available to treat dengue.
- Avoid infection by preventing mosquito bites.
- The dengue vaccine is **ONLY** approved for use in children 9–16 years old with laboratory-confirmed evidence of a previous dengue virus infection and living in areas of the United States where dengue is common (U.S. territories of American Samoa, Puerto Rico, and the U.S. Virgin Islands, and the freely associated states, including the Federated States of Micronesia, the Republic of Marshall Islands, and the Republic of Palau).
- Wear long-sleeved shirts and long pants
- Treat items, such as boots, pants, socks, and tents, with 0.5% permethrin or buy permethrin-treated clothing and gear.

Take steps to control mosquitoes inside and outside your home

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home. Mosquitoes lay eggs near water.