



Dengue Virus

May 2015

What is it?



- Dengue is a serious, sometimes fatal viral illness spread by *Aedes* mosquitoes. The mosquitoes that spread dengue bite during the day, especially during early morning and late afternoon hours.
- Dengue is a disease caused by any one of four closely related dengue viruses (DENV 1, DENV 2, DENV 3, or DENV 4).
- Symptoms of infection usually begin 4 - 7 days after the mosquito bite and typically last 3 - 10 days. In order for transmission to occur the mosquito must feed on a person during a 5- day period when large amounts of virus are in the blood; this period usually begins a little before the person become symptomatic. Some people never have significant symptoms but can still infect mosquitoes. After entering the mosquito in the blood meal, the virus will require an additional 8-12 days incubation before it can then be transmitted to another human. The mosquito remains infected for the remainder of its life, which might be days or a few weeks.

- Mild symptoms of dengue begin with a high fever severe headache and pain behind the eyes, muscle and joint pain, nausea, vomiting, rash and any abnormal bleeding. Severe symptoms of dengue begin with the development of warning signs, generally when the fever is going away, 3-7 days after symptoms begin. Warning signs include: severe abdominal pain or persistent vomiting, red spots or patches on the skin, bleeding from the nose or gums, vomiting blood or blood in stools, drowsiness or irritability, pale, cold or clammy skin or difficulty breathing.

How is it spread?

- Dengue is transmitted between people by the mosquitoes *Aedes aegypti* and *Aedes albopictus*, which are found throughout the world. Insects that transmit disease are vectors.
- There is no direct person-to-person transmission.
- In rare cases dengue can be transmitted in organ transplants or blood transfusions from infected donors, and there is evidence of [transmission from an infected pregnant mother to her fetus](#). But in the vast majority of infections, a mosquito bite is responsible.

Where is it found?

- Dengue is found in at least 100 or more tropical and sub-tropical countries of the world, including countries in Africa, Asia, the Pacific, the Americas, and the Caribbean. For specific information on where dengue is common: <http://www.healthmap.org/dengue/index.php>
- Monkeys act as a reservoir host in west Africa and south-east Asia.

Prevention & Control:

- No specific vaccines or antiviral treatments against dengue fever. Use of paracetamol to bring down the fever is indicated. Aspirin and related non-steroidal anti-inflammatory drugs (NSAIs) such as ibuprofen should be avoided.
- When infected, early recognition and prompt supportive treatment can substantially lower the risk of medical complications and death.
- The most effective way to prevent dengue is to prevent mosquito bites and control mosquito populations. Effective mosquito control requires community support.
- Insect Repellents: use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus or para-methane diol. Always follow label instructions.
- Mosquito proof your home, inside and out: fix screens on windows/doors; do not prop open doors, allowing mosquitoes to fly in. If you have air-conditioning, use it.
- Drain and dump standing water found in containers inside and around the house: pet dishes, flower pots, vases, buckets, tires, cans.
- If containers cannot be drained or dumped out, cover them so that mosquitoes cannot get inside to lay eggs.
- Weekly, wash out containers with a brush or sponge to remove mosquito eggs.

For more information contact:

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Source:

http://www.cdc.gov/dengue/cli_nicalLab/caseDef.html



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