



## DENGUE FEVER

### What is dengue fever?

Dengue fever is an illness that is caused by dengue viruses spread to people through the bite of an infected mosquito. The primary vectors that transmit the disease are *Aedes aegypti* and *Aedes albopictus* mosquitoes. Dengue is found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas. Most cases of dengue in the United States are linked with travel abroad to areas where the viruses are regularly found.

### Who gets dengue fever?

Any person can get dengue fever, especially those living in and traveling to an area where dengue occurs regularly. Persons who were previously infected with one or more types of dengue virus, infants and children are at a higher risk for developing severe dengue. Severe dengue signs usually appear between 24 and 48 hours after the fever is gone and can include belly pain, vomiting, bleeding from the nose or gums, vomiting blood, or blood in the stool and feeling tired, restless, or irritable. About one in 20 people sick with dengue will develop severe dengue.

### How is dengue fever spread?

Dengue is spread through the bites of infected *Aedes* species mosquitoes, from mother to their fetus during pregnancy or around the time of birth, and through infected blood, laboratory, or health care setting exposures.

### What are the symptoms of dengue fever?

About one in four people infected with dengue will get sick and symptoms can be mild to severe. Mild symptoms can include fever, aches and pains, or rash. The most common symptom of dengue is fever with any of the following: nausea, vomiting, rash, aches, and pains. Symptoms of severe dengue can appear 24 to 48 hours after the fever is gone. Symptoms of severe dengue can include belly pain, tenderness, vomiting, bleeding from the nose or gums, vomiting blood, blood in stool, and feeling tired, restless, and irritable.

### How soon do symptoms appear?

Symptoms can appear between eight and 10 days after exposure to an infected mosquito.

### Should an infected person be excluded from work or school?

Exclusions are not required if a person has dengue because there is no risk for transmission through respiratory droplet or bodily fluids. Only infected mosquitoes transmit dengue virus.

**Office of Infectious Disease Epidemiology**  
**24/7 Emergency Contact Number: 1-888-295-5156**

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# Frequently Asked Questions

## **What is the treatment for dengue fever?**

There is no medicine to treat dengue, but mild symptoms can be supported at home until symptoms subside. Severe dengue will need supportive treatment and care of symptoms in the hospital.

## **What can a person or community do to prevent the spread of dengue fever?**

A new dengue vaccine is approved for use in children aged 9 to 16 years with laboratory confirmed previous dengue virus infection and living in areas where dengue is endemic.

Prevent mosquito bites by using insect repellent, mosquito netting, and controlling mosquitoes indoors and outdoors, and take precautions when traveling overseas. If you have dengue virus, taking steps to prevent mosquito bites for three weeks is vital to prevent spreading the virus to mosquitoes that could spread the virus to others.

## **Resources**

Centers for Disease Control and Prevention, <https://www.cdc.gov/dengue/index.html>