



## DENGUE FEVER AND DENGUE HEMORRHAGIC FEVER (DHF)

### What are DENGUE and DHF?

Dengue and DHF are viral diseases transmitted by mosquitoes in tropical and subtropical regions of the world. Cases of dengue and DHF are confirmed every year in travelers returning to the United States after visits to regions such as the South Pacific, Asia, the Caribbean, the Americas and Africa.

### How is dengue fever spread?

Dengue virus is transmitted to people by the bite of an infected mosquito. Dengue cannot be spread directly from person to person.

### What are the symptoms of dengue fever?

The most common symptoms of dengue are high fever for 2–7 days, severe headache, backache, joint pains, nausea and vomiting, eye pain and rash. The rash is frequently not visible in dark-skinned people. Young children typically have a milder illness than older children and adults. Most patients report a non-specific flu-like illness. Many patients infected with dengue will not show any symptoms.

DHF is a more severe form of dengue. Initial symptoms are the same as dengue but are followed by bleeding problems such as easy bruising, skin hemorrhages, bleeding from the nose or gums, and possible bleeding of the internal organs. DHF is very rare.

### How soon after exposure do symptoms appear?

Symptoms of dengue can occur from 3-14 days, commonly 4-7 days, after the bite of an infected mosquito.

### What is the treatment for dengue fever?

There is no specific treatment for dengue. Treatment usually involves treating symptoms such as managing fever, general aches and pains. Persons who have traveled to a tropical or sub-tropical region should consult their physician if they develop symptoms.

### How can dengue fever be prevented?

There is no vaccine available to prevent getting dengue fever while traveling. Travelers can reduce their risk of acquiring dengue by remaining in well-screened or air-conditioned areas, wearing clothing that adequately covers the arms and legs, and applying insect repellent to both skin and clothing. The most effective repellents are those containing 20-30 percent DEET.

### For more information:

Centers for Disease Control and Prevention (CDC): [www.cdc.gov/dengue](http://www.cdc.gov/dengue)

CDC – Travelers Health:

<http://wwwnc.cdc.gov/travel/yellowbook/2010/chapter-5/dengue-fever-dengue-hemorrhagic-fever.aspx>