



CALHOUN COUNTY

Public Health Department

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Fact Sheet

Dengue Fever

What is dengue fever?

Dengue fever is a disease caused by any one of four closely related viruses. Because there are four different viruses, a person can be infected as many as four times, once with each type. Dengue viruses are spread to people through the bite of an infected *Aedes* species of mosquito.

About 4 billion people live in areas at risk of dengue fever. Each year, 400 million get infected, 100 million get sick, and 40,000 die from severe symptoms.

The disease is common in most tropical and subtropical areas including some islands in the Caribbean, Mexico, most countries of South and Central America, the Pacific, Asia, and parts of tropical Africa. Cases originating in the United States are rare, occurring occasionally in southern Texas, Hawaii, Florida, and tropical US territories. Although sporadic outbreaks of dengue fever are found in the United States, many cases are travel related.

How is dengue fever spread?

A mosquito becomes infected with the dengue virus when it bites a person who has the virus and then the infected mosquito can transmit the infection to people through bites.

Dengue fever cannot be spread directly from person to person. In addition, it is rare that dengue fever is spread through blood transfusion, organ transplant, needle stick injury, or breastfeeding.

What are the symptoms of dengue fever?

Symptoms can appear 4-10 days after a bite from an infected mosquito and last for 2-7 days. Dengue fever is suspected when two additional common symptoms accompany a fever. A small portion of individuals develop severe dengue which is a potentially fatal complication. Severe dengue is shown through a variety of warning signs. Watch for warning signs as temperature declines, 3-7 days after symptoms began.

Common symptoms include:

- Fever (40°C/104°F)
- Severe headache
- Swollen glands
- Nausea, vomiting
- Rash
- Aches and pains

Severe dengue warning signs include:

- Belly pain or tenderness
- Vomiting (at least 3 times in 24 hours)
- Bleeding from the nose or gums
- Vomiting blood or blood in stool
- Feeling tired, restless, or irritable

What is the treatment for dengue fever?

There is no specific treatment for dengue fever, but supportive care can be provided at home. Consult with your primary care provider or go to the emergency room if you have any warning signs.

Supportive Care at home:

- Rest
- Take acetaminophen
 - DO NOT TAKE ASPIRIN OR IBUPROFEN
- Drink plenty of fluids to prevent dehydration

How can dengue fever be prevented?

The new dengue vaccine is approved for use in children 9-16 years with laboratory-confirmed previous dengue virus infection AND living in areas where dengue is common. The vaccine is not approved for U.S. travelers who are visiting a dengue common area.

To prevent mosquito bites, use insect repellent, wear long-sleeved shirts and long pants, and use window and door screens. If sleeping outside, ensure that a net provides a barrier of protection against bugs.

How do I get more information on dengue fever?

Calhoun County Public Health Department

Phone: 269-969-6383

 www.facebook.com/CCPublicHealthDepartment/

Centers for Disease Control and Prevention

Phone: 800-232-4636 (800-CDC-INFO)

Website: <https://www.cdc.gov/dengue/>

Spanish: <https://www.cdc.gov/dengue/es/index.html>

World Health Organization

Website: <https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue>

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This fact sheet is meant to provide general health information and is not intended to be medical advice or otherwise take the place of your doctor's orders or to diagnose your specific health problems. Check with your doctor if you have any questions or concerns about your health.