



Health Focus on...

Help Prevent the Spread of Dengue Fever

The Hawaii State Department of Health is currently investigating two confirmed and two suspected cases of dengue fever on Oahu.

Steps You Can Take to Protect Against Getting Dengue Fever:

- Apply repellent containing DEET to skin or clothing
- Repair windows and door screens
- Remove, repair or empty anything that collects rainwater, e.g., buckets, cans, bottles, plants, unused tires
- Empty and clean animal-watering containers at least once a week
- Wear lighter-colored clothing that covers and protects skin from biting mosquitoes

Facts about Dengue Fever:

Transmission:

Dengue fever is a viral illness spread by mosquitoes. It cannot be spread from person to person. The disease occurs mainly in tropical Asia, Africa, the Caribbean and the South Pacific. It is most common during the rainy season in areas infested with infected mosquitoes.

Symptoms:

Some of the symptoms of dengue fever include sudden onset of fever, severe headaches, eye, joint and muscle pain, nausea, vomiting and rash. The rash typically appears on the hands, arms, legs and feet 3 to 4 days after the fever begins. Younger children tend to have a milder illness than older children and adults and they may show no symptoms. The symptoms usually start 5 to 6 days after being bitten by infected mosquitoes, but the onset can range from 2 to 15 days. If you have any of these symptoms accompanied by high fever, please contact your health care provider for evaluation.

Treatment:

There is no specific treatment for dengue fever. Bed rest and acetaminophen to treat fever and pain are recommended. Aspirin and NSAIDs (ibuprofen, naproxen) are not recommended as they can make bleeding problems worse. There is currently no vaccine for dengue fever.

Surveillance:

- The Tri-service Preventive Medicine Departments (Army, Navy and Air Force) and Hawaii State Department of Health have increased their vector surveillance program
- There is ongoing dialogue with health care providers to identify and mitigate disease spread

For additional information, please visit:

- Centers for Disease Control and Prevention website: <http://198.246.98.21/Dengue/>
- Hawaii State Department of Health website: <http://hawaii.gov/health/DIB/Dengue.html>

