

## Further Information

### KEYS TO PREVENTION

**Clean up trash and empty any water containers found around your home to prevent the mosquitoes from breeding.**

**Protect yourself from mosquito bites by wearing personal insect repellent such as those containing DEET (20-30%) or picaridin.**

**Repair window and door screens to keep mosquitoes from entering your home.**

**Wearing lighter colored clothing that covers and protects skin can also help prevent bites.**

#### NEPMU6

Navy Environmental & Preventive Medicine  
Unit 6  
385 South AV  
JBPHH, HI 96860-4983  
COM: 808-471-0237  
FAX: 808-471-0157  
DSN: 315-471-0237  
E-mail: NEPMU6-Entomology@med.navy.mil.

#### WEBSITES / REFERENCE

##### NEPMU6

<http://www.med.navy.mil/sites/nmcsd/nepmu6/Pages/index.html>

##### State of Hawaii, Department of Health

<http://hawaii.gov/health>

##### CDC - Dengue Facts

<http://www.cdc.gov/dengue/fAQFacts/index.html>

##### World Health Organization - Dengue

<http://www.who.int/topics/dengue/en/>

##### Mosquito Picture

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# Dengue Fever

## Information Sheet



# Need to Know Info

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## Dengue Fever Key Facts:

Dengue is a mosquito-borne viral infection that causes a severe flu-like illness, and sometimes a potentially lethal complication called dengue hemorrhagic fever (DHF).

Dengue is found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas.

There is no specific treatment for dengue, but appropriate medical care frequently saves the lives of patients with the more serious dengue hemorrhagic fever.

The only way to prevent dengue virus transmission is to combat the disease-carrying mosquitoes.

## Transmission:

Infected humans are the main carriers and multipliers of the virus, serving as a source of the virus for uninfected mosquitoes. The virus circulates in the blood of infected humans for two to seven days, at approximately the same time that they have a fever; *Aedes* mosquitoes may acquire the virus when they feed on an individual during this period.

## Prevention & Control:

The best method preventing dengue virus transmission is to combat the vector mosquitoes. Mosquitoes can readily breed in man-made containers like earthenware jars, metal drums, as well as discarded plastic food containers, used automobile tires, plant dishes, and other items that collect water.

Clean up trash and empty any water containers found around your home to prevent the mosquitoes from breeding.

The application of appropriate insecticides to larval habitats, particularly those that are useful in households, e.g. water storage vessels, prevents mosquito breeding for several weeks but must be re-applied periodically. Natural products containing Bti are often quite effective. Small, mosquito-eating fish and copepods are also helpful.

During outbreaks, emergency vector control measures can also include broad application of insecticides such as space sprays using portable or truck-mounted machines or even aircraft.

Insect repellent such as those containing 20-39% DEET or picaridin are also very effective at preventing mosquito bites

## Treatment:

There is no specific treatment for dengue fever.

## Virus:

There are four distinct, but closely related, viruses that cause dengue. Recovery from infection by one provides life-long immunity against that virus but confers only partial and transient protection against subsequent infection by the other three viruses. There is good evidence that sequential infection increases the risk of developing DHF.

## Other Statistics:

Without proper treatment, DHF fatality rates can exceed 20%. Clinicians who recognize its symptoms and know how to treat its effects - can reduce death rates to less than 1%.

The spread of dengue is attributed to expanding geographic distribution of the four dengue viruses and their mosquito vectors, the most important of which are *Aedes aegypti* and *Aedes albopictus*.