

DENGUE FEVER

What is Dengue Fever?

Dengue fever is the most common viral disease spread to humans by mosquitoes. Dengue fever can cause flu-like symptoms. In some cases it leads to dengue haemorrhagic fever, which can be fatal. There is no vaccine or medication that protects against dengue fever.

Cause	Dengue fever can be caused by one of four types of dengue virus.
Risk to travellers	<p>Depends on destination, duration of your trip, extent of mosquito exposure, intensity of dengue transmission and season of travel.</p> <p>Higher during the daytime (2 to 3 hours after dawn and during the early evening). Mosquitoes bite at any time during the day, especially indoors, in shady areas, or when it is overcast.</p> <p>All travellers are at higher risk when travelling to areas affected by epidemics of dengue.</p> <p>Risk is low for travellers who stay only a few days in air-conditioned hotels with well-kept grounds and who participate in outdoor activities during non-peak biting periods.</p> <p>Risk is increased for those spending longer periods of time in endemic areas, and who stay in the homes of friends and relatives. Aid or humanitarian workers are also at a higher risk.</p>
Severity	<p>Most people recover from dengue fever after a few days.</p> <p>Dengue fever may progress to dengue haemorrhagic fever which may lead to shock and death.</p>
Prevention	There is no vaccine for dengue fever. The best way to protect your self is to follow personal protective measures to avoid mosquito bites.
Treatment	There is no specific treatment for dengue fever but medical care can improve patient outcomes.

Symptoms

- Most commonly take 4 to 7 days to appear. Usually include flu-like symptoms such as high fever, severe headache, pain behind the eyes, joint and muscle pain, rash.
- Usually include flu-like symptoms such as high fever, severe headache, pain behind the eyes, joint and muscle pain, rash.
- It is common for some people to show no symptoms.
- In more severe cases, people with dengue virus infection (approximately 1%) may develop dengue haemorrhagic fever.
- Individuals with dengue haemorrhagic fever also experience fever, but their condition can deteriorate suddenly.

What is Dengue fever & symptoms

Dengue fever occurs in most tropical and subtropical areas of the world, predominantly in urban and semi-urban areas.

Dengue is widespread in regions of Central and South America and South and South-East Asia as well as in Africa.

Recommendations for travellers

It is recommended that you:

1. Protect yourself from mosquito bites particularly two to three hours after dawn and during the early evening.

a. Cover up:

- Wear light-coloured, long-sleeved, tucked-in shirts, long pants, shoes (not sandals), and a hat.

b. Use insect repellent on exposed skin:

- Insect repellents that contain DEET are the most effective
- Use as directed by the manufacturer;
- Do not apply to cuts, scrapes, abrasions or irritated skin;
- Do not spray directly on your face;
- Wash your hands after you apply insect repellent to avoid contact with your lips and eyes;
- Do not use products that contain both insect repellent and sunscreen;
- If you want to use sunscreen and an insect repellent with DEET, apply the sunscreen first. Let it soak into your skin for about 20 minutes, then apply repellent with DEET;
- Wash off repellent at the end of the day, before you to bed.

c. Consider your accommodations:

- Stay in a well-screened or completely enclosed air-conditioned room.

d. Apply a permethrin insecticide to mosquito netting for greater protection:

- Permethrin-treated clothing is effective for up to two weeks or six washings. Although permethrin isn't available in Canada, travel health clinics can advise you how to purchase permethrin and pre-treated gear before or during your trip. This could be considered for playpens, cribs or strollers to protect babies under six months of age.