

DENGUE FEVER

Dengue fever is a viral infection that spreads through mosquito bites. The dengue virus is carried by female mosquitoes, primarily the *Aedes aegypti* species. These mosquitoes are commonly found in tropical and subtropical regions, which makes dengue prevalent in many parts of the world.

Symptoms of dengue fever can appear between 4-10 days after getting bitten by an infected mosquito. Most people with dengue have mild or no symptoms, but symptoms can include high fever, severe

headache, pain behind the eyes, joint and muscle pain, fatigue, nausea and vomiting, and skin rash, lasting usually 2-7 days. In severe cases, dengue fever can lead to dengue hemorrhagic fever or dengue shock syndrome, which are life-threatening and require immediate medical attention. They are characterized by severe abdominal pain, hemorrhagic tendencies (bruising, bleeding from gums, nose bleeds, bloody urine), change in mental status, and marked change in temperature.

Unfortunately, there is no specific

antiviral treatment for dengue fever. Management primarily involves supportive care to alleviate symptoms. Prevention efforts focus on controlling mosquito populations, avoiding mosquito bites through protective measures like bed nets, window screens and insect repellents, and eliminating mosquito breeding sites.

If someone suspects they have dengue fever, seeking medical attention is essential. An accurate diagnosis and appropriate care can help prevent serious complications.

SYMPTOMS

Severe headache

Pain behind the eyes

Fatigue

Joint and muscle pain

High fever
99.5°F (37.5°C)

Nausea and vomiting

Skin rash

WHERE

Tropical and subtropical regions around the world



CAUSE

The dengue virus transmitted by a female mosquito bite, *Aedes aegypti* species



Black woman in her 40s with dengue fever