What are the symptoms of dengue?

Symptoms of dengue include:
- Sudden onset of fever
- Severe headache
- Pain behind the eyes
- Severe muscle and joint pains
- Rash on the skin

When the dengue patient has bleeding, it is called dengue haemorrhagic fever (DHF). Symptoms are usually seen 4-10 days after the bite of an infected mosquito, and last for 2-7 days.

Severe dengue is potentially lethal. Anyone showing symptoms of dengue should consult a doctor immediately.

How can I protect myself from dengue?

1. By preventing mosquitoes from breeding:
   a. Drain out the water from desert coolers/window air coolers, tanks, barrels, drums, buckets etc on a weekly basis. Remove all vessels holding water (e.g. plant holder plates) from the house. Collect and destroy discarded containers in which water collects e.g. bottles, plastic bags, tins, used tyres etc.
   b. If water cannot be drained, use an insecticide in (temephos granules, 1 tablespoon in 10 litres of water) according to local guidelines, to prevent mosquito larvae from developing into adults.

2. By protecting from mosquito bites:
   a. Wear full-sleeved clothes and long dresses to cover as much of your body as possible.
   b. Use mosquito repellents
   c. Use insecticide-treated mosquito nets even while sleeping during the day.

3. Controlling by Fogging: This can be done by the local government. Spraying insecticides with a fogging machine can slow down mosquito breeding and dengue transmission. Fogging, to be effective, should be done at about 3-4 days interval. It is expensive and time consuming.

What is dengue?

Dengue is a mosquito-borne viral disease. It is spread by the bite of an infected mosquito called Aedes aegypti. Dengue does not spread from human to human.

Dengue mosquitoes bite during the day. The highest biting intensity is about two hours after sunrise and before sunset.

There is no vaccine or cure for dengue.

What is the treatment for dengue?

There is no specific treatment for dengue. The patient should:
- take rest
- drink plenty of fluids and eat nutritious food
- Take paracetamol to bring down fever and joint pain, BUT avoid other medicines such as aspirin and ibuprofen as they increase the risk of bleeding.

Early diagnosis and proper care by experienced physicians and nurses can frequently save lives.
How can dengue be controlled?

Measures undertaken by the community, for the community, to prevent the breeding of mosquitoes are far more cost-effective than containment measures once an outbreak occurs.

Dengue prevention and control is a shared responsibility. Everybody needs to play their part in order to control dengue.

Individuals, communities, the private sector and government agencies (including non-health sectors) need to work together to fight dengue.

A proactive approach is needed. This means “moving from response-driven activities to long term prevention and preparedness-driven activities.”

For further information, contact your nearest health care provider.