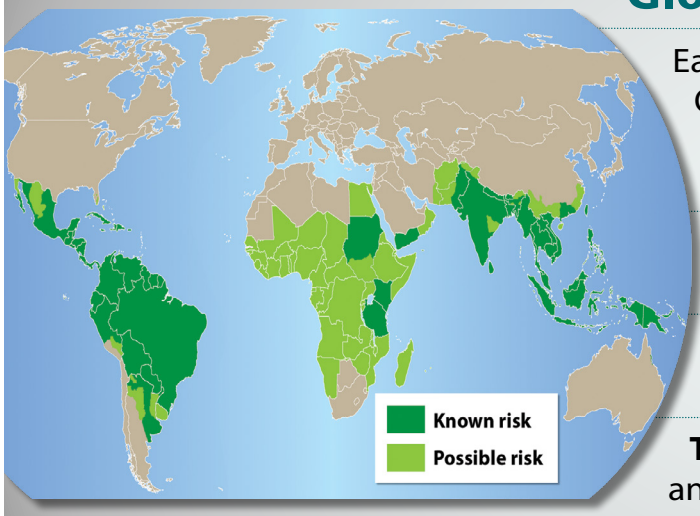
Dengue Virus:
What you need to know

Dengue is:

- A virus spread through mosquito bites. *Aedes* mosquitoes also spread chikungunya and Zika viruses.
- A risk to anyone traveling to a tropical or subtropical region of the world where dengue virus is found.

Global risk



Each year, an estimated 390 million people are infected. Outbreaks have occurred in parts of Southeast Asia, the Western Pacific, the Eastern Mediterranean, the Americas, the Caribbean, and Africa.

Forty percent of the world's population lives in areas at risk for dengue.

Dengue outbreaks have occurred in the United States where *Aedes* mosquitoes are found.

Traveling? For country-specific travel information and recommendations, visit www.cdc.gov/travel.

Signs and symptoms of dengue

- **Most people infected have mild or no symptoms.** About 1 in 4 people infected with dengue will get sick. Mild symptoms of dengue may be confused with other illnesses that cause fever and flu-like illness. Most people will recover after about one week.
- The most **common symptoms** of dengue **are fever** and **one or more of the following symptoms:** headache; eye pain (typically behind the eyes); muscle, joint, or bone pain; rash; nausea and vomiting; or unusual bleeding (nose or gum bleed, small red spots under the skin, or unusual bruising).
- **Severe dengue can result in shock, internal bleeding, and even death**.
  - » **Warning signs:** Watch for signs and symptoms of severe dengue to develop 24–48 hours after fever goes away.
  - » **If you or a family member develops any of the these warning signs, go to a local clinic or emergency room immediately:** Severe stomach pain or vomiting (at least 3 vomiting episodes within 24 hours); bleeding from the nose or gums; vomiting blood or blood in the stool; drowsiness or irritability; pale, cold, or clammy skin; difficulty breathing.

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Sick? Could it be dengue?

- See your healthcare provider.
- Your healthcare provider may order tests to look for dengue or similar diseases, like chikungunya or Zika.

Dengue is preventable, but not treatable

- No vaccine to prevent, or medicine to treat, infection is available.
- Mosquitoes that spread dengue bite during the day. Avoid infection by preventing mosquito bites.
- Use insect repellents. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus or para-menthane-diol products provide long-lasting protection.
- Use air conditioning or window/door screens.
- Wear long-sleeved shirts and long pants or permethrin-treated clothing.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, or trash containers. Check inside and outside your home.

If you are sick with dengue:

- **Take acetaminophen or paracetamol** to control fever and relieve pain. Do not take aspirin or ibuprofen!
- Get plenty of rest and drink fluids to prevent dehydration.
- During the first week of infection, dengue virus can be found in your blood. If a mosquito bites you, it can become infected and spread the virus to other people through bites.
- To help prevent others from getting sick, protect yourself from mosquito bites during the first week of illness.
- Rest in a screened or air-conditioned room or under a bed net while you have a fever.

www.cdc.gov/dengue