

# Dengue

SCAN ME



## WHAT IS DENGUE?

- An infection caused by the dengue virus.
- Spread by infected mosquitoes.
- Common in parts of Central and South America, the Caribbean, Africa, the Middle East, Asia, and the Pacific Islands.

## WHAT SHOULD I KNOW?

- Anyone who lives or travels to an area with risk of dengue can get infected.
- Before you travel, check to see if the country you are visiting has risk of dengue.

## SIGNS AND SYMPTOMS



**Fever** with any of the following



Aches and pains



Rash



Nausea/vomiting

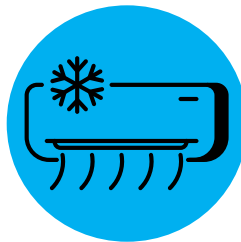
## PREVENTION



Use insect repellent, and treat clothing and gear with permethrin (insecticides).



Wear loose-fitting, long-sleeved shirts and pants.



Choose a hotel or lodging with air conditioning or window and door screens.



Sleep under a mosquito net if you are outside or when screened rooms are not available.

## WHEN TO SEE A DOCTOR

Seek immediate medical attention if you or a family member have any of the following symptoms:

- Belly pain or tenderness,
- Vomiting (at least 3 times in 24 hours),
- Bleeding from the nose or gums,
- Vomiting blood, or blood in poop, or
- Feeling extremely tired or restless.

**IF YOU THINK YOU HAVE DENGUE, PLEASE CALL YOUR HEALTHCARE PROVIDER. IF YOU DO NOT HAVE A PROVIDER CALL 2-1-1 TO FIND ONE NEAR YOU.**