

When indoors, stay in air-conditioned or screened areas. Use bed nets if sleeping areas are not screened or air-conditioned. If you have symptoms of dengue, report your travel history to your doctor.

### If I had previous dengue infection can I get it again?

Infection with one virus does not protect a person against infection with another type of virus but it protects a person against infection with the same virus type.

### How is dengue spread?

Dengue is spread by the bite of an Aedes mosquito (mosquito with white dots on the legs). The mosquito transmit the disease by biting an infected person and then biting someone else.

### Where is dengue found?

Dengue is common in Asia, especially in our country. Dengue is most common in cities but can be found in rural areas.

The mosquitoes that transmit dengue live among humans and breed in discarded tires, flower pots, old oil drums. And water storage containers lose to human dwellings. Unlike the mosquitoes that cause malaria, dengue mosquitoes bite during day.



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## What is Dengue Fever?

Dengue fever is a flu-like illness spread by the bites of an infected mosquito

It can present as a mild simple flu like illness or as a severe Dengue Shock Syndrome which could lead to DEATH



## Who gets Dengue Fever?

Dengue fever may occur in people of all ages.



## What are the signs & symptoms of dengue fever & dengue hemorrhagic fever?



Dengue fever usually starts suddenly with high fever, rash, severe headache, pain behind the eyes, muscle and joint pains. Nausea, vomiting and loss of appetite are common. A rash usually appears 3 to 4 days after the start of the fever. The illness can last from 7 to 10 days, but complete recovery can take as long as a month. Older children and adults are usually sicker than young children.

Most dengue infections result in relatively mild illness, but some can progress to severe dengue hemorrhagic fever, where the blood vessels start to leak and cause bleeding and shock. Bruising can be a sign of bleeding inside the body. Without prompt treatment, the blood vessels can collapse, causing shock (dengue shock syndrome). Dengue hemorrhagic fever is fatal in about 5 percent of cases, mostly among children and young adults.

## How soon after exposure do symptoms appear?

The time between the bite of a mosquito carrying dengue virus and the start of symptoms averages 4 to 6 days, with a range of 3 to 14 days. An infected person cannot spread the infection to other persons but can be a source of dengue virus for mosquitoes for about 6 days.

## Who is at risk for dengue?

Anyone who is bitten by an infected mosquito can get dengue fever. Risk factors for dengue hemorrhagic fever include a person's age and immune status, as well as the strain of the virus. Persons who were previously infected with one or more types of dengue virus are at greater risk for developing severe dengue hemorrhagic fever if infected again.

## What is the treatment for dengue fever and dengue hemorrhagic fever?

There is no specific treatment for dengue fever. Persons with dengue fever should rest and drink plenty of fluids. They should be kept away from mosquitoes for the protection of others. Dengue fever is treated by replacing lost fluids, but some patients will need to be hospitalized for fluid replacement and monitoring.

## How can dengue be prevented?

There is no vaccine to prevent dengue. Eliminating mosquito breeding sites is a key prevention measure. It can be done by discarding items that can collect rain or run-off water, especially old tires. Regularly change water in outdoor bird baths and pet and animal water containers. Avoid mosquito bites by use of mosquito repellents on skin and clothing. When outdoors, during times that mosquitoes are biting, wear long-sleeved shirts and long pants tucked into socks. Avoid heavily populated residential areas.