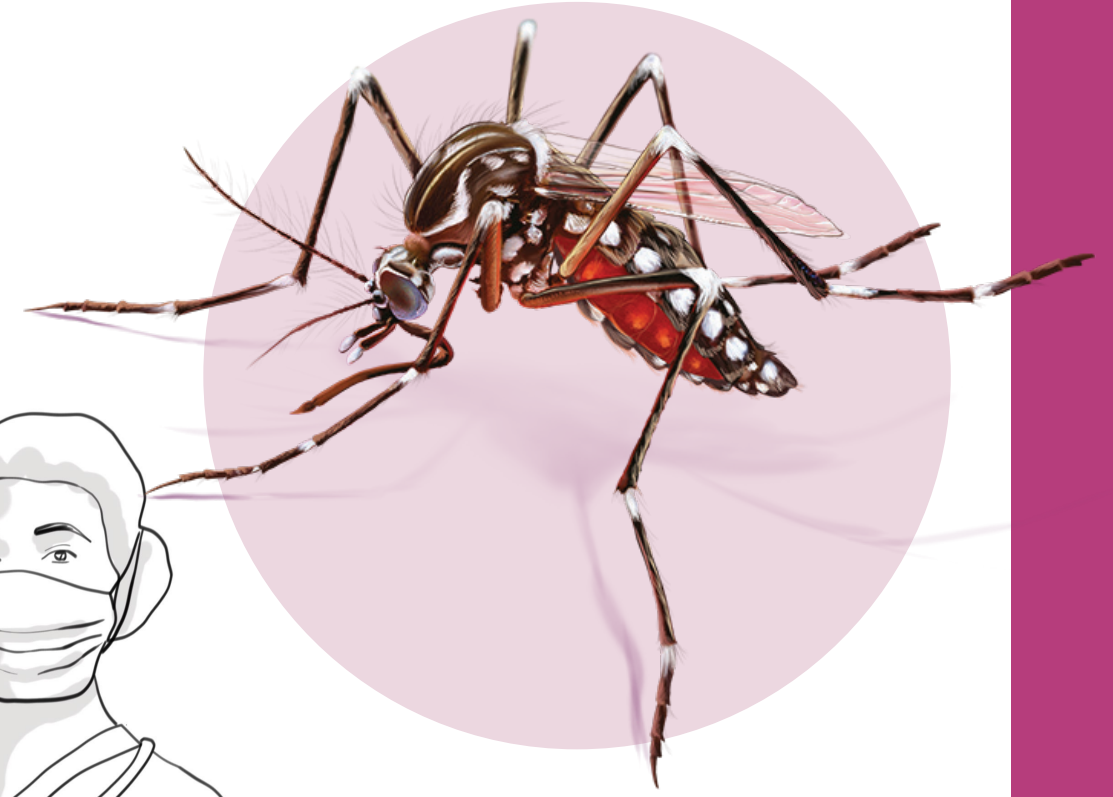


Dengue

Information for health workers

Source of infection

Vector-borne diseases transmitted by infected mosquitoes.



Type of exposure & prevention



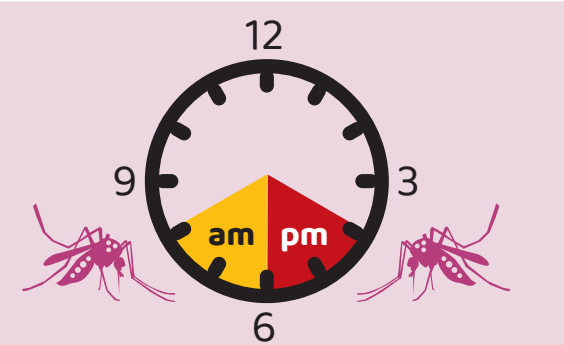
Bite of an infected *Aedes* mosquito. Dengue can be transmitted by pregnant women to fetus during pregnancy or around the time of birth. To prevent dengue:

Reduce mosquito breeding:

- ▶ Emergency vector control measures such as spraying insecticides during outbreaks in coordination with health authorities
- ▶ Safely dispose of all items that can collect water
- ▶ Cover all water tanks and storage and empty unused water

Reduce mosquito bites:

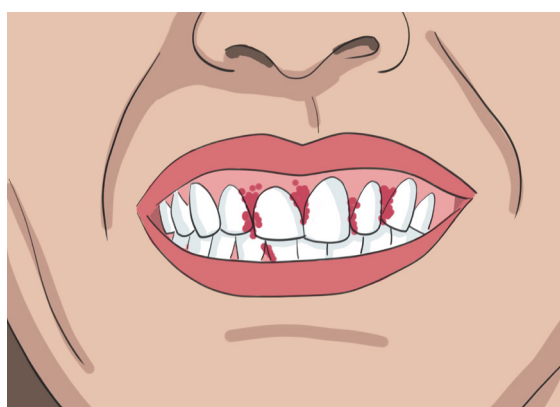
- ▶ Use window screens, repellents, insecticide treated bed nets, coils and vaporizers
- ▶ Wear light coloured clothing that cover your arms and legs
- ▶ Get vaccinated



It bites throughout the day, especially between 6 and 8 am & 4 and 6 pm sunrise & sunset

Symptoms

Symptoms of severe dengue include:



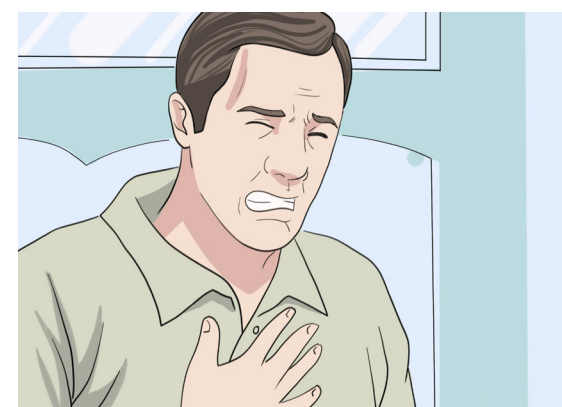
Bleeding in gums



Blood in vomit



Severe abdominal pain



Rapid breathing

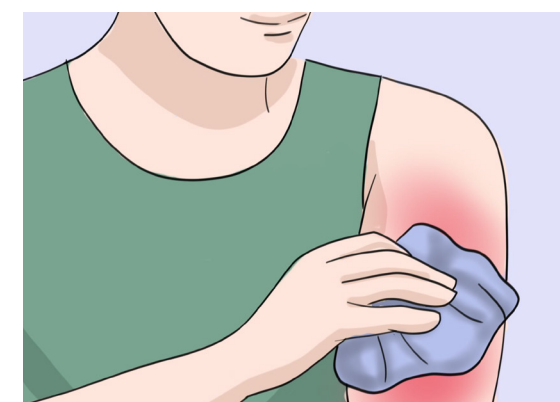
Symptoms of mild dengue include:



Fever with a drop in body temperature (below 38 °C, 100 °F)



Headache



Sore muscles

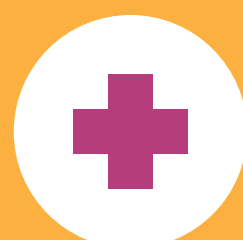


Fatigue



Persistent vomiting

Actions to take in case of symptoms:



Seek medical advice immediately. Start treatment and inform your supervisor. Rest until you fully recover.