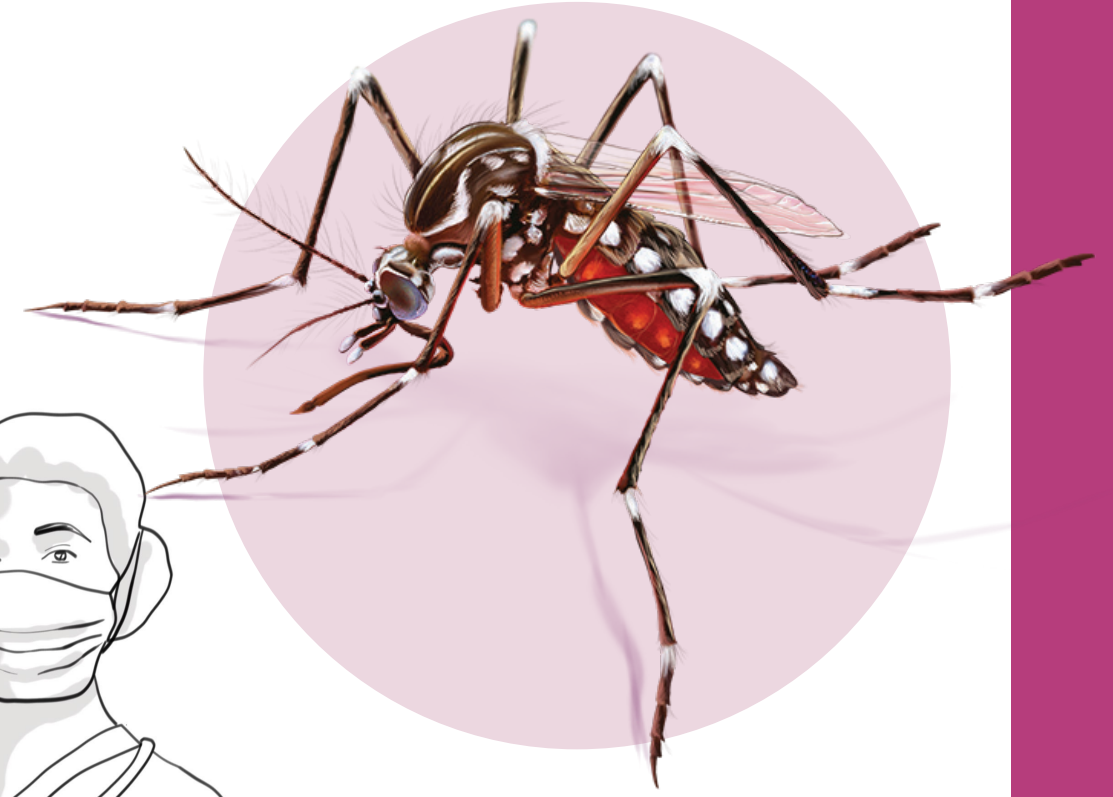


# Dengue

Information for health workers

## Source of infection

Vector-borne diseases transmitted by infected mosquitoes.



## Type of exposure & prevention



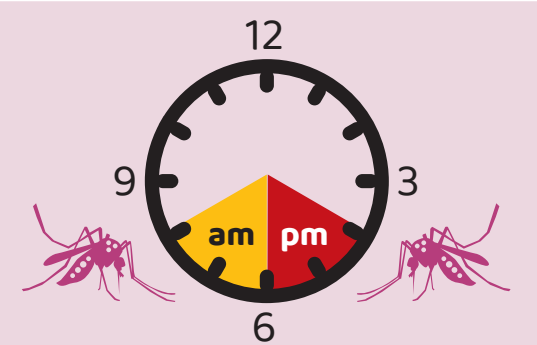
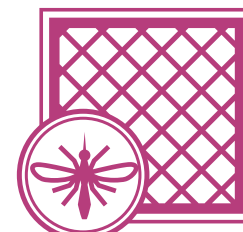
Bite of an infected *Aedes* mosquito. Dengue can be transmitted by pregnant women to fetus during pregnancy or around the time of birth. To prevent dengue:

### 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:



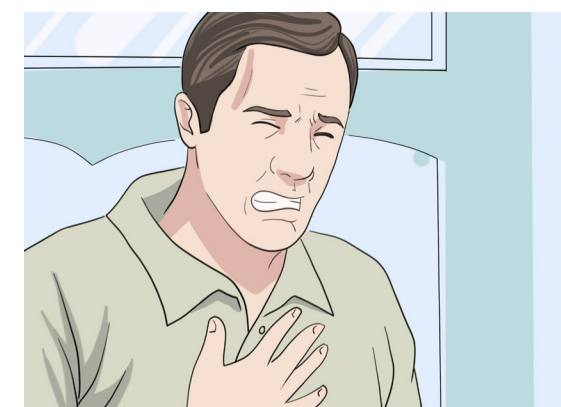
Bleeding in gums



Blood in vomit

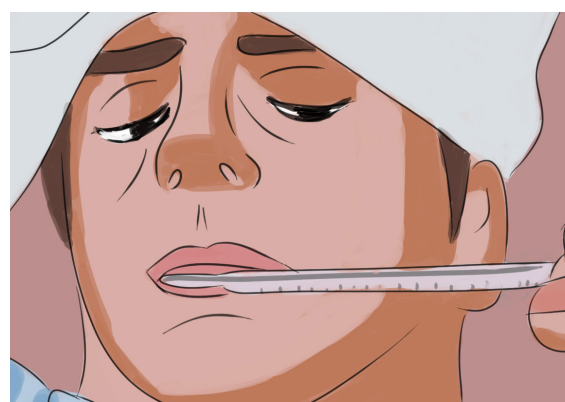


Severe abdominal pain



Rapid breathing

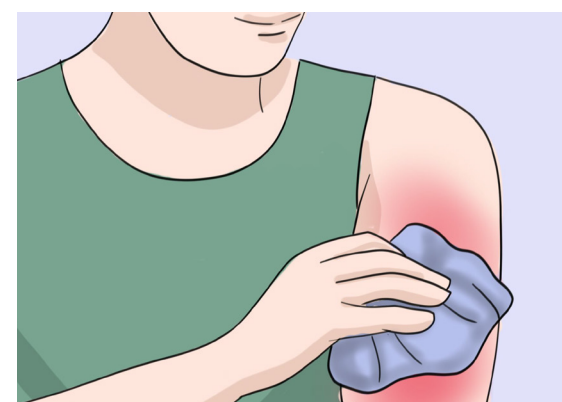
Symptoms of mild dengue include:



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.



World Health Organization

REGIONAL OFFICE FOR THE Eastern Mediterranean