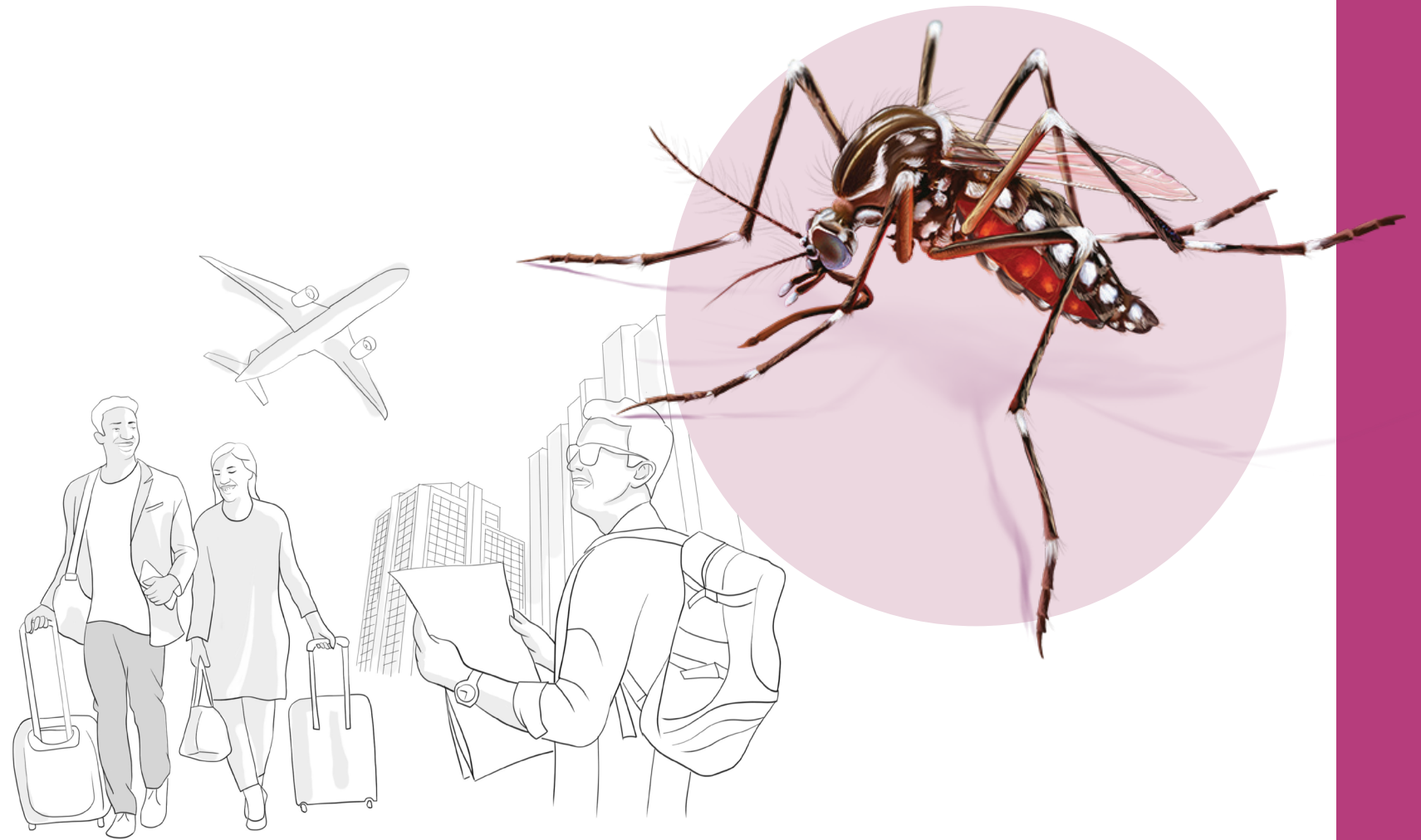


Dengue

Information for travellers

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 during travel:

Reduce mosquito breeding:

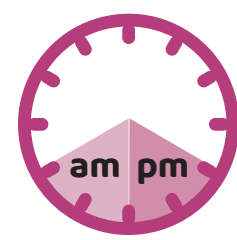


Make sure the place where you are staying doesn't have mosquito breeding sites around it

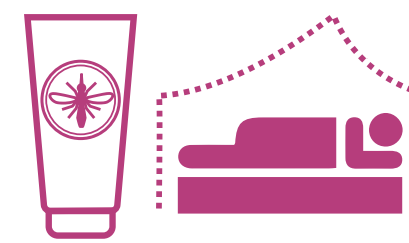


Keep water containers in your room covered and empty any unused water

Reduce mosquito bites:



Control outdoor movement especially between **6 and 8 am & 4 and 6 pm**



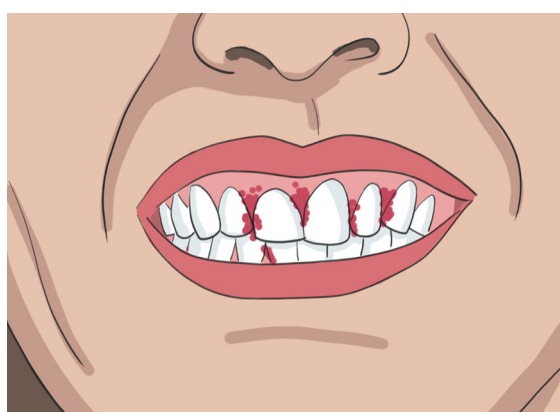
Use window screens, repellents, insecticide-treated bed nets, coils and vaporizers



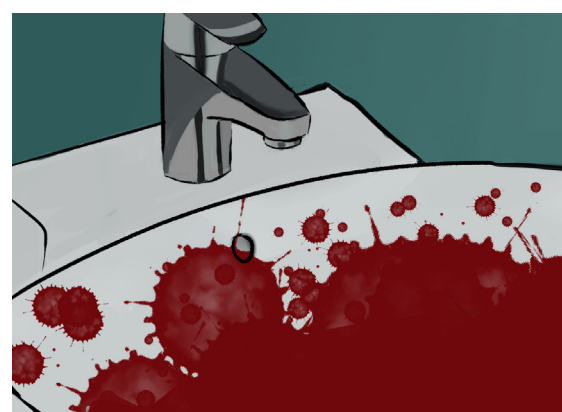
Wear light coloured clothing that covers your arms and legs

Symptoms

Symptoms of severe dengue include:



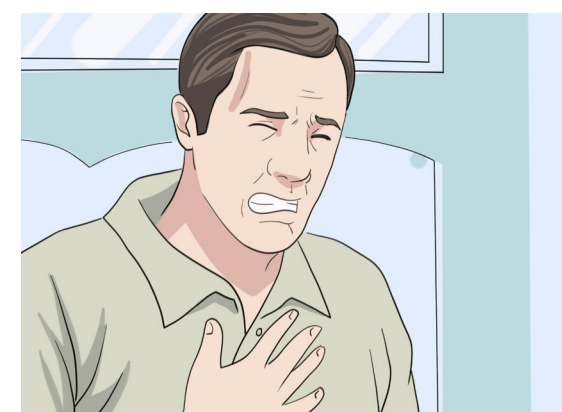
Bleeding in gums



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. Avoid travel.