**What is the treatment? Is it curable?**

Like most viral diseases there is no specific cure for dengue fever.
- Antibiotics do not help.
- *Paracetamol* is the drug of choice to bring down fever and joint pain.
- Other medicines such as *Aspirin* should be avoided since they can increase the risk of bleeding.
- Doctors should be very careful when prescribing medicines.
- Any medicines that decrease platelets should be avoided.

**Can dengue fever become dangerous?**

- The infection can become dangerous since it may cause damage to the blood vessels.

**Is there a vaccine to prevent dengue fever?**

- A vaccine has been developed to prevent dengue fever but it is still under trial.
- Scientific progress is likely to help in prevention of dengue fever by vaccination in the years to come.

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**4S in Dengue Prevention:**

- Search and destroy mosquito breeding places
- Self-protection measures (use of jogging pants, pajamas, mosquito nets, insect repellant lotions etc.)
- Seek immediate consultation and treatment
- Say "NO" to indiscriminate fogging.

**How can the multiplication of mosquitoes be reduced?**

There is no way to tell if a mosquito is carrying the dengue virus.
- To prevent the mosquitoes from multiplying, drain out the water from sources not in use like tanks, barrels, drums, buckets etc.
- Remove/cover all objects containing water (e.g. plant saucers etc.) from the house.
- Collect and destroy discarded containers in which water collects e.g. bottles, plastic bags, tins, etc.

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**The main strategy in the prevention and control of dengue is "source reduction".**

Reference: World Health Organization
Department of Health
One of the major health problems during rainy season is the incidence of Dengue.

What is Dengue fever (DF)?
- Dengue infection is caused by a virus. It occurs commonly as dengue fever.
- Occasionally the patient suffering from dengue may develop bleeding. Common sites for bleeding are nose, gums or skin.
- Sometimes, the patient may have coffee ground vomitus or black stools. This indicates bleeding in the gastro intestinal tracts and this is serious.
- The patient with dengue who has bleeding has Dengue Haemorrhagic Fever (DHF).
- The patient suffering from dengue may develop shock, then it is called Dengue Shock Syndrome (DSS).

When should I suspect Dengue?
- Dengue should be suspected when you have sudden onset of fever. The fever is high 103-105 degrees F or 39-40 degrees C.
- It is accompanied with severe headache (mostly in the forehead)
- pain behind the eyes
- body aches and pains
- rashes on the skin
- nausea or vomiting.

How can someone get dengue fever?
- Dengue fever occurs following the bite of an infected mosquito Aedes aegypti. This type of mosquito has a peculiar white spotted body and legs and is easy to recognize.
- Dengue mosquitoes bite during the day time throughout the day.
- Highest biting intensity is about 2 hours after sunrise and before sunset.

Can dengue be spread from person to person?
- Dengue fever cannot be spread directly from person to person.
- It is only transmitted/spread to humans by the bite of an infected Aedes mosquito.
- A mosquito is infected when it takes blood meal from a dengue-infected person.

Can you get dengue again after suffering from it once?
- It is possible to get dengue more than once.
- If a person has suffered from one virus, there can be a repeat occurrence of dengue if a different strain is involved subsequently.
- Being affected by one strain offers no protection against the others.
- A person could suffer from dengue more than once in her/his lifetime.

Can the diagnosis of dengue be confirmed?
- There are laboratory tests that provide direct or indirect evidence for dengue fever.
- These tests provide evidence for the occurrence of dengue infection.
- There are some additional tests that can help to identify the type of dengue infection.
- The tests for confirmation of Dengue should be done in reliable laboratories.

When does dengue develop after getting the infection?
- After the entry of the virus in the person, it multiplies in the lymph glands in the body.
- The symptoms develop when the virus has multiplied in sufficient numbers to cause the symptoms.
- This happens generally about 4-6 days (average) after getting infected with the virus.

Can people suffer from dengue and not appear ill?
- Yes. There are many people who are infected with the virus and do not suffer from any signs or symptoms of the disease.
- For every patient with symptoms and signs there may be 4-5 persons with no symptoms or with very mild symptoms.

Can dengue fever be treated at home?
- Most patients with dengue fever can be treated at home.
- They should take rest, drink plenty of fluids that are available at home and eat nutritious diet.
- Whenever available, Oral Rehydration Salt/ORS (commonly used in treating diarrhea) is preferable.
- Sufficient fluid intake is very important and becomes more important in case DF progresses into DHF or DSS where loss of body fluid/blood is the most salient feature.
- It is important to look for danger signs and contact the doctor as soon as any one or more of these are found.