

### 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.



### Four O'clock Habit

The **Four-o'clock Habit** ("4 o'clock habit") is an initiative of the Philippine government that requests residents to practice the cleaning of their surroundings and draining water containers to prevent the spread of mosquitoes, in support of the **Dengue Control Program**



## DEFEND AGAINST DENGUE



### 4S in Dengue Prevention:

- S**earch and destroy mosquito breeding places
- S**elf-protection measures (use of jogging pants, pajamas, mosquito nets, insect repellent lotions etc.)
- S**eek immediate consultation and treatment
- S**ay "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.



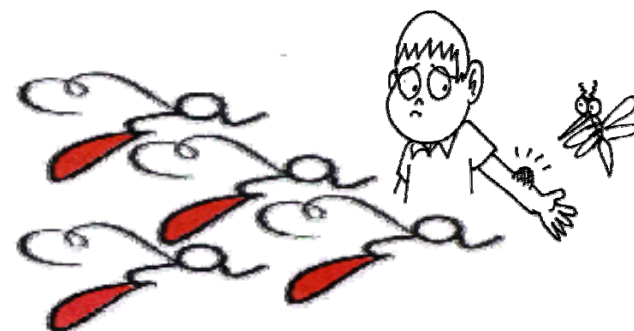
- Dengue often peaks in the month of August during the rainy season.
- The latest dengue surveillance report covering Jan. 1 to Aug. 6 this year posted a total of 34,652 cases of dengue in Luzon; 5,091 in Visayas and 5,590 in Mindanao.
- An increase in the number of dengue cases in Metro Manila with 5,416 cases as of January to Aug. 6 last year and 10,487 this year within the same period.
- As of July 23, the tally in the National Capital Region (NCR) reached 9,229 dengue cases and increased to 10,487 as of Aug. 6.

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

Reference: World Health Organization  
Department of Health



**Tracking  
Down  
Your  
Mosquito  
Problems**



One of the major health problems during rainy season is the incidence of **DENGUE**

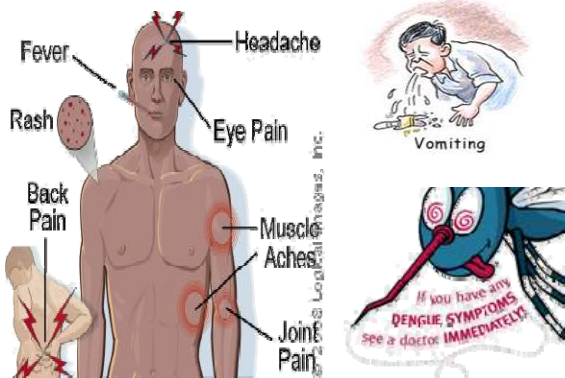


### What is Dengue fever (DF)?

- 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.



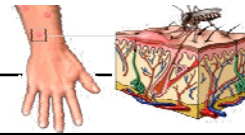
### How can someone get dengue fever?

- 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.

