What is dengue?
Dengue fever is a flu-like illness spread by mosquitoes. Severe cases of dengue can cause death.

Symptoms of dengue and severe dengue
The symptoms of dengue are a high fever and any two of the following: severe headache, pain behind the eyes, muscle and joint pains, nausea, vomiting, swollen glands or a rash. The symptoms of severe dengue show between 3-7 days later with severe abdominal pain, frequent vomiting, rapid breathing, bleeding gums, fatigue, restlessness and blood in vomit. If you have any of these symptoms, and think you may have dengue or severe dengue, visit your nearest medical facility as soon as possible.

How to prevent dengue
The best way to prevent dengue is to stop mosquitoes breeding near your home. To do this, bury or burn your rubbish, keep water containers covered and clear any stagnant water. You can protect yourself against mosquito bites by sleeping under a mosquito net, using insect repellents, and wearing clothes that cover your arms and legs.

Treatment of dengue
There is no treatment for dengue or severe dengue. If you think you or someone in your family has dengue, it is important to visit your nearest medical facility as soon as possible so they can give you the right care. In the meantime, drink as many fluids as possible. In severe dengue cases, which can be fatal, if you detect the disease early and get the appropriate care, you are more likely to survive.

REFERENCES
For more information on this topic, we recommend you read the following references.

World Health Organization (2022). Dengue and severe dengue: key facts
https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue
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