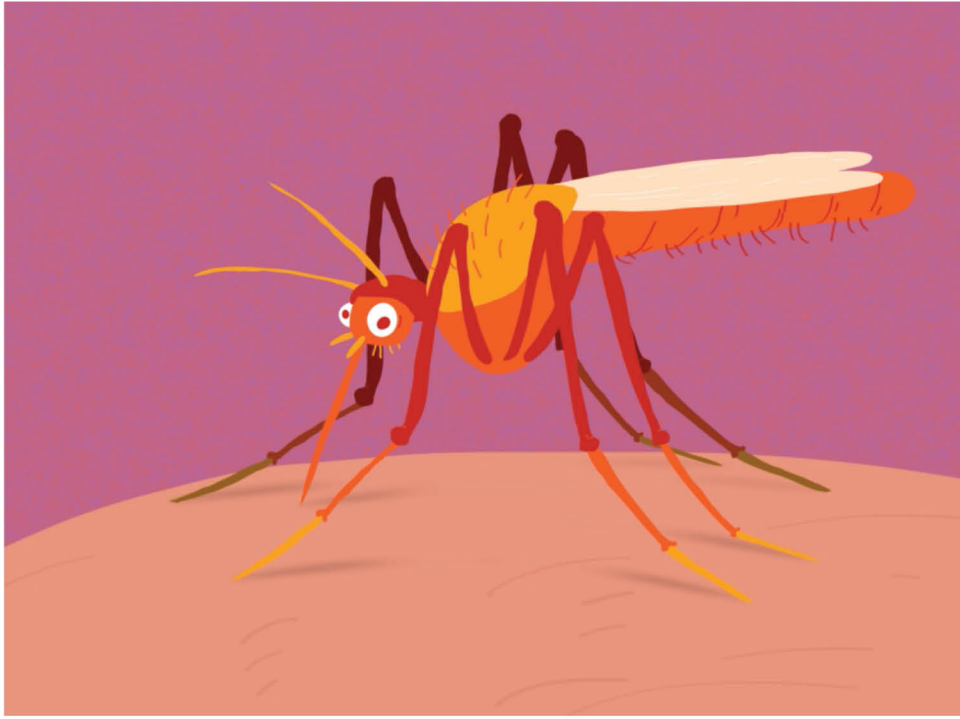


# Dengue Fever

## Understand the risk factors and symptoms



Dengue fever is caused by a viral infection spread through the bite of a mosquito. Dengue has been spreading in recent years, especially across Southeast Asia, the Pacific Islands, Central America, South America and the Caribbean.

## What the symptoms of Dengue Fever?



After a person has been infected with Dengue fever, they may experience symptoms similar to the common cold or flu, including: a sudden high fever; severe abdominal pain; headaches; pain behind the eyes; extreme joint and muscle pain; fatigue; nausea and vomiting, even vomiting blood; pale, cold and clammy skin; difficulty breathing; and a skin rash, which appears two to five days after the onset of fever and other symptoms.

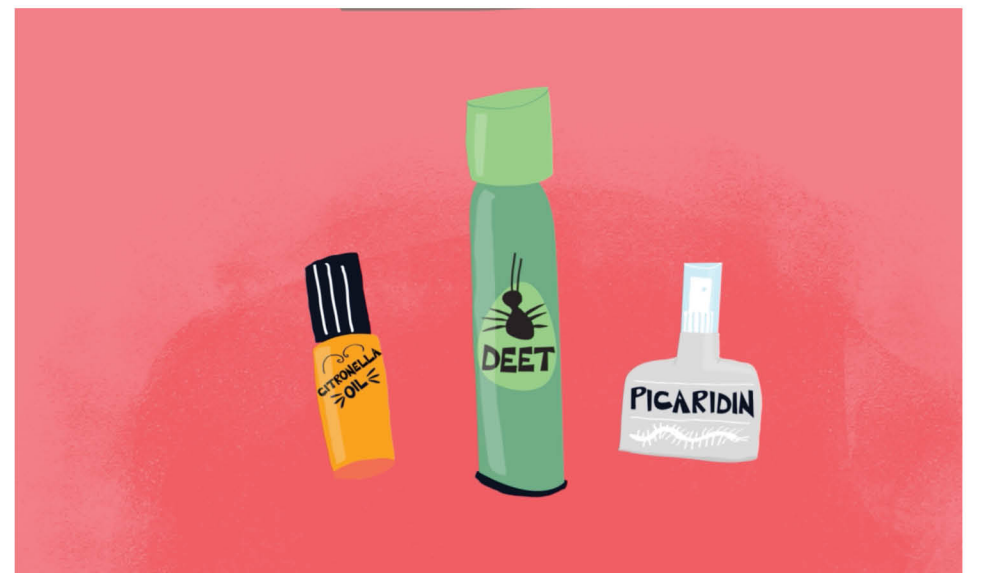
The infection usually subsides about a week after symptoms emerge, but in some cases, reactions can be severe and symptoms last much longer and can be life threatening.

## How can you protect yourself?

There is no specific treatment or widely available vaccine for Dengue fever, so it's best to take precautions to avoid mosquito bites whenever possible. That means taking preventative steps whether you're at home or at work, including:



Use mosquito nets over your bed at home; cover rainwater and septic tanks with mosquito mesh; use mosquito nets on doors leading outside; keep window screens closed.



Use insect repellent; eliminate standing water which can attract mosquitos.



Wear long sleeves and trousers to protect your skin, and spray the clothing with mosquito repellent

**If you suspect you might have dengue fever, consult your doctor immediately to get tested.**