



DENGUE

Dengue is a disease caused by a virus that spreads to people by the bite of an infected mosquito. It is common in tropical and subtropical climates such as the Caribbean (including Puerto Rico), Central and South America, Southeast Asia, and the Pacific islands. You are most likely to get this disease when visiting these areas. Because the types of mosquitoes that spread dengue are common throughout many areas of the United States, local transmission is possible. Most outbreaks in the continental United States have been relatively small and limited.

HOW DOES IT SPREAD?

Dengue viruses are spread to people through the bites of infected *Aedes aegypti* or *Aedes albopictus* mosquitoes. These mosquitoes typically lay eggs in standing water found in small containers. These mosquitoes prefer to bite people, and live both indoors and outdoors near people. They bite any time of the day and night. Dengue virus is NOT spread from person to person.

WHAT ARE THE SYMPTOMS?

About one in four people with dengue will get symptoms. Symptoms usually appear within 5-7 days. The most common symptoms are fever and one or more of the following: headache, nausea and vomiting, rash, muscle, joint or bone pain and eye pain (usually behind the eyes). Symptoms of dengue typically last 2–7 days. Most people will recover after about a week. About one in 20 people with dengue can develop severe disease which can be life threatening.

KEY POINTS

- Dengue is a disease that spreads to people from the bite of an infected mosquito.
- There is no medicine to treat this disease.
- The best way to prevent getting dengue is to avoid mosquito bites, especially when visiting places known to have this disease.
- These mosquitoes bite during the day and night and live indoors and outdoors.
- Use insect repellent, wear long-sleeved shirts and pants, and take steps to control mosquitoes indoors and outdoors.

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HOW IS IT TREATED?

There are no specific medicines to treat this disease. There are medicines to help with fever and pain. There is a vaccine for dengue, but it is NOT approved for use in U.S. travelers who are visiting but not living in an area where dengue is common.



HOW CAN YOU PREVENT GETTING THIS DISEASE?

The best way to prevent getting dengue is to avoid mosquito bites, especially when visiting places known to have this disease. Use an Environmental Protection Agency (EPA) registered insect repellent and wear long-sleeved shirts and long pants or clothing specially treated to avoid mosquito bites. Control mosquitoes inside and outside your home by using screens on windows and doors. Mosquitoes lay eggs in water; cover, or throw out items that hold water, such as buckets, planters, pools, or trash containers.

FOR MORE INFORMATION:

Los Angeles County Department of Public Health
publichealth.lacounty.gov/acd/VectorDengue.htm

Centers for Disease Control and Prevention (CDC)
cdc.gov/dengue/

For questions or to find a nearby clinic or doctor, call the Public Health InfoLine at 833-540-0473. Open every day from 8 a.m. to 8 p.m. ph.lacounty.gov

