

Facts about dengue

- Dengue is a viral disease caused by dengue virus (DENV, 1–4 serotypes)
- Dengue is transmitted by bite of *Aedes aegypti* mosquito infected with any one of the four dengue viruses.
- *Aedes aegypti* mosquito bites during daylight hours.
- Person develops symptoms 3-14 days after the infective bite.
- Patients who are already infected with the dengue virus can transmit the infection to other via *Aedes* mosquitoes during 4-5 days of onset of symptoms.
- Dengue prevention and control depends on effective vector control measures.

Dengue fever starts with sudden onset of fever, followed by severe headache, pain behind the eyes, muscle and joint pain, and rash.

Dengue haemorrhagic fever has an acute onset of fever followed by abdominal pain, vomiting, bleeding. A small proportion of cases may show fatal disease as dengue shock syndrome.

There are no specific antiviral medicines for dengue. Early clinical diagnosis by physician and proper clinical management lowers the fatality rates below 1%. Use of analgesics (pain reliever) with paracetamol, promoting patient to drink plenty of fluids and rest are important.

Use of acetylsalicylic acid (e.g. aspirin) and non-steroidal anti-inflammatory drugs (e.g. Ibuprofen) is not recommended.

Prevention and control

Directorate of National Vector Borne Disease Control Programme is the nodal centre for the surveillance and prevention of dengue in India. Integrated disease surveillance programme also helps in disease surveillance and outbreak detection/investigation of dengue in the country.

Precautions

- Water from coolers and other small containers (plastic containers, buckets, used automobile tyres, water coolers, pet watering containers and flower vases) should be removed at least once in a week.
- Appropriate larvicides should be used to water storage containers that cannot be emptied.
- Water storage containers should be kept covered with lid.
- Aerosol can be used during day time to prevent the bites of mosquitoes.
- During transmission season (rainy season) all persons can wear clothes that cover arms and legs.
- Mosquito nets or mosquito repellents can be used while sleeping during day time.
- Personal protective measures such as window screens, insecticide treated bed nets, coils and vaporizers can be used to prevent mosquito bites
- Dengue patient should be prevented from mosquito bites. This will prevent further spread of dengue to other persons.

“Dengue prevention and control should be everyone’s concern”.