



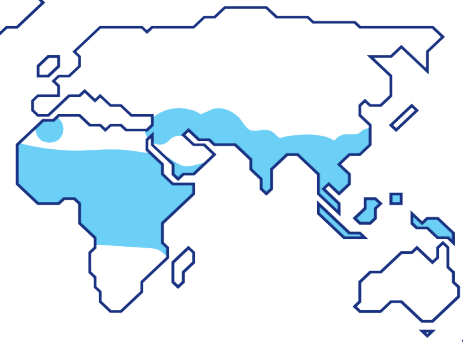
## What

Dengue fever is a viral infection transmitted by certain mosquitoes. These mosquitoes typically breed in or around urban areas and are preferentially, though not exclusively, daytime feeders. There are four types of Dengue virus.



## Who

All travelers visiting Dengue-endemic regions are at risk of contracting Dengue virus infection.



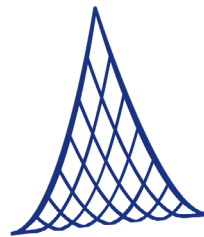
## Where and when

The occurrence of the virus may vary worldwide and is more common during the rainy seasons. Always consult your travel clinic for the latest information on the spread of Dengue and local outbreaks.

## Prevention

It is very important to prevent mosquito bites as much as possible. This may be done by use of insect repellents, wearing protective clothing, sleeping under insectnets or in airconditioned rooms. Avoid mosquito-breeding areas.

When you do contract the virus, it is equally important to prevent mosquito bites. Vaccination against Dengue virus is currently approved and available in the Netherlands; the vaccine is advised in certain specified groups for areas with a high burden of the virus. Your travel doctor will be able to advise you.



## Treatment

Diagnosis can be made with blood tests. Currently, there is no specific antiviral treatment available for Dengue fever. The doctor needs to be vigilant for warning signs of severe Dengue infection (e.g., abdominal pain, persistent vomiting, mucosal bleeding, lethargy, specific laboratory abnormalities). Treatment involves all necessary supportive measures.



## Symptoms

The incubation period is typically between 4-7 days after being bitten by an infected mosquito (ranging from 3-14 days). About 1 in 4 people will develop symptoms.

Symptoms can include a sudden onset of high-grade fever ( $>38.5^{\circ}\text{C}$ ), headache, joint and muscle pain, retro-orbital pain, and a skin rash. A small percentage of people with dengue ( $<1\%$ ) may develop severe hemorrhagic dengue, which requires hospitalization. The risk of severe disease is higher in individuals who have been previously infected with the dengue virus. Always consult a doctor if you think you may have contracted dengue virus.



## In case of infection

After infection you may become immune to the type of Dengue virus you were infected with. This means you may still get infected with another type. In case of a second infection your risk of severe disease increases. Most people recover completely without residual complaints, although this may take some time.