**DENGUE**

**AWARENESS & PREVENTION**

**FOR MISSION TRIPS**

**REMEMBER**

**DENGUE** is a **VIRUS**

- Infected mosquitoes spread dengue from person to person.
- Children and the elderly are at high risk.
- There are 4 types called dengue virus 1, 2, 3, & 4.
- Only one virus can make you sick at a time.
- Multiple dengue infections can kill you with a severe bleeding disease.
- People carry a dengue virus for life.
- Symptom supportive care.
- Dengue infections should receive nursing support care for fatigue, fever, dehydration, headache, body aches, and rest.
- Dengue infection should be confirmed with a specific lab test.
- Skilled nursing care is critical for Dengue Hemorrhagic Fever.
- Dengue Shock Syndrome requires hospitalization.

**DON’T TAKE IT HOME**

Did you know...

Dengue is under-reported since flu-like symptoms mimic West Nile virus, Yellow Fever, and Malaria. When you travel, you can be a human carrying dengue back home.

How?

If you were both infected in a Dengue prone areas (see map) and infectious, a dengue free mosquito can bite you at home and you can start the dengue transmission cycle!

**Resources for Mission Travelers**

- Church Volunteers
- Medical Mission Teams
- Student Volunteers
- Humanitarian Aid Workers
- Health Care Workers

**Global Websites**

- CDC Travelers’ Health Website: www.cdc.gov/travel
- CDC “Yellow Book”
- International Society of Travel Medicine: www tstm.org
- International Travel and Health WHO “Green Book”
- State Department: www.travel.state.gov
- World Health Organization: www.who.int/ith

**References**


WHAT IS DENGUE

Dengue (pronounced as ‘Den-gay’), is a communicable disease caused by a virus carried by a mosquito. The virus is not contagious; it must be transported to humans by the bite of an infected mosquito. Dengue fever symptoms can vary from being unnoticed with no signs, to a fever with fatal bleeding conditions.

The dengue virus is part of the virus family of Flaviviridae and genus flavivirus. Flaviviridae related febrile viruses include West Nile and yellow fever. Infected vectors transmit the virus by biting humans for a blood meal.

The two main carriers are female mosquitoes Aedes Aegypti and Aedes Albopictus. The mosquitoes grow the virus in their gut. Each mosquito has different geographic, feeding, and survival habits. Once infected, adult mosquitoes have a lifespan of 2 to 4 weeks and lay virus carrying eggs.

THE HUMAN HOST OF DENGUE

Infected humans spread the virus to non-infected mosquitoes. A first-time infection with any one of four virus types gives lifelong protection. A second infection with any of the other 3 virus types can make you experience severe bleeding. The very young and elderly are more likely to be very sick. People with African ancestry show more resistance to severe dengue, yet lately, dengue infections are increasing in this population.

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There are no drugs or vaccines for dengue. The drugs to prevent Malaria are not for treatment for dengue.

Each virus type can cause severe disease. Dengue hemorrhagic fever is a complication of the disease that can be fatal. Dengue shock syndrome follows as the most severe type if experienced without supportive care. In Africa, the Aedes species are A. aegypti, A. albopictus, A. africanus, and A. luteocephalus. Each type of mosquito has different geographic, feeding, and survival habits. Once infected, mosquitoes remain infected for their entire life, passing the virus to eggs.

There are four genetically different serotypes: DENV 1, 2, 3, & 4. Each type can cause severe disease. Dengue hemorrhagic fever is a complication of the disease that can be fatal. Dengue shock syndrome follows as the most severe type if experienced without supportive care. In Africa, the Aedes species are A. aegypti, A. albopictus, A. africanus, and A. luteocephalus. Each type of mosquito has different geographic, feeding, and survival habits. Once infected, mosquitoes remain infected for their entire life, passing the virus to eggs.

Types of Dengue

There are two main carriers of the dengue virus: Aedes Aegypti and Aedes Albopictus. Aedes Aegypti prefers to feed on humans for a blood meal to produce infection and lays eggs near people to lay eggs. Aedes Albopictus prefers standing water near people to lay eggs. It is more aggressive and bites multiple people.

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There are no drugs or vaccines for dengue. The drugs to prevent Malaria are not for treatment for dengue. Dengue Hemorrhagic Fever has high rates of illness and death. Affordable blood lab tests don’t specify virus types or if the infection is primary or secondary. Personal Protection is the key. Repellents & Insecticides - Clothing & Skin: Use materials containing DEET (N-diethyl-m-toluamide), Picaridin, and Permethrin. Barriers: Bed Nets, Screens, Glass doors.

Don’t Take It Home…Think Prevention!

1. Use repellents, insecticides, & barriers.
2. When: Protect your skin from bites morning, noon, and night, use a repellent often.
3. Skin: Lather your exposed skin with repellent lotion like DEET.
4. Clothing: Cover all exposed skin with repellent treated clothing.
5. Night time: Use repellent treated nets to cover the bed completely.
6. Barriers: Buildings should be tightly screened and sealed to prevent mosquitoes from entering.
7. Police the area: All water breeding sources should be treated or drained.
8. Police the area: Contain your garbage, drain your cans.
9. Police the area: Cover all rain barrels with screens or lids.
10. Police the area: Look for beverage cans and bottles as trash outside & help to clean up!

Mosquito photos courtesy of Centers for Disease Control and Prevention, Atlanta, Georgia.

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