

# DENGUE



## 1 About Dengue

Dengue is a viral disease that affects **tropical and subtropical countries**.



## 2 How Is Dengue Transmitted

It is mainly transmitted through the **bite of a female Aedes mosquito** and (**only rarely**) through blood transfusion from infected donors, organ, or tissue transplantation, piercing the skin with infected material, splashing and mother-child transmission during childbirth.

## 3 The Most Common Symptoms



Fever



Headache



Muscle and joint pain



Nausea, vomiting



Fatigue



Skin rash

## 4 Preventive Measures for Travellers

### Avoid mosquito bites:

- **Wear appropriate clothing.** Dengue-transmitting mosquitoes bite during the day, especially in the early morning and late afternoon. If you go outside, wear long sleeves and long trousers. Avoid wearing dark colours that attract mosquitoes.
- **Use insect repellents** containing DEET, IR3535, or Icaridin (apply to exposed skin or clothing). Apply sunscreen, then after twenty minutes, apply the repellent.
- Stay in a building with **metal mesh screens on doors and windows** whenever possible.
- Put a **mosquito net** around your bed. Tuck it under the mattress and ensure that it is not torn and that no mosquitoes are trapped inside.



**Vaccination before travelling to at-risk countries when needed.**



## 5 Key Ideas

- Visit the **International Travellers Consultation** (Consulta de Viajeros Internacionales) **four weeks before** travelling. For an appointment call Zaragoza (976 71 50 00), Huesca (974 29 33 88), or Teruel (978 64 11 75).
- **Consult a doctor immediately** if compatible symptoms appear up to fifteen days after leaving the risk area.

