

## What is Dengue?

Dengue (pronounced den' gee) is a disease caused by any one of four closely related viruses (DENV 1, DENV 2, DENV 3, or DENV 4).

The *Aedes Aegypti* also known as the Tiger mosquito is the most important transmitter or vector of dengue viruses.

It is estimated that there are over 100 million cases of dengue worldwide each year.

## What is Chikungunya?

Chikungunya (pronunciation: \chik-en-gun-ye) outbreaks have occurred in Africa, Asia, Europe, and the Indian and Pacific Oceans. In 2013, the virus was found for the first time in the Caribbean.

## Dengue Symptoms

- ◆ High fever (>102°F or >38°C).
- ◆ and at least two of the following:
  - ◆ Headache
  - ◆ Severe eye pain (behind eyes)
  - ◆ Joint pain
  - ◆ Muscle and/or bone pain
  - ◆ Rash
  - ◆ Mild bleeding manifestation (e.g., nose or gum bleed, or easy bruising)

## Chikungunya symptoms

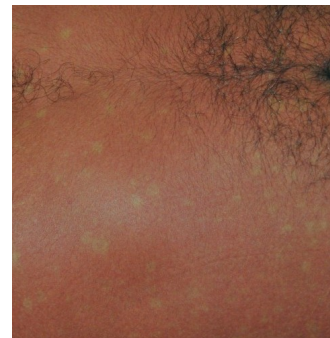
- ◆ High fever (>102°F or >38°C).
- ◆ Joint pain mainly in the arms and legs.
- ◆ Headache
- ◆ Muscle pain
- ◆ Back pain
- ◆ Rash (~50% of cases)
- ◆ Some people may develop longer-term joint pain after Chikungunya.

## In both cases

Symptoms appear on average 3 to 7 days after being bitten by an infected mosquito. Most patients feel better after a few days or weeks.

Go IMMEDIATELY to an emergency room if any of the following symptoms appear:

- ◆ Severe abdominal pain or persistent vomiting
- ◆ Red spots or patches on the skin
- ◆ Bleeding from nose or gums
- ◆ Vomiting blood
- ◆ Black, tarry stools (feces, excrement)
- ◆ Drowsiness or irritability
- ◆ Pale, cold, or clammy skin
- ◆ Difficulty breathing



## How is it spread?

Both Dengue and Chikungunya are spread by bites from infected *Aedes* mosquitoes. If a person is infected and bitten by a mosquito, that mosquito may later spread the virus by biting another person.

*Aedes aegypti*



*Aedes albopictus*



These mosquitoes can be identified by the white stripes on their black bodies and legs. They are aggressive daytime biters, with peak feeding activity at dawn and dusk.

## Treatment

There are no specific medicines for these viruses. However, using medicines to lower your fever and joint pain with paracetamol or acetaminophen may help.

Rest, drink plenty of fluids.

Consult a physician when the person feels worse (e.g., develop vomiting and severe abdominal pain)

Complications are rare, but more common in:

- ◆ Infants (<1 year)
- ◆ Elderly (>65 years)
- ◆ People with other chronic conditions such as: diabetes, hypertension, etc.

Extra caution should be taken by people in these groups to avoid mosquito bites.

## How to avoid infection?

### AVOID MOSQUITO BITES

The best preventive measure for residents living in areas infested with Aedes mosquitoes is to eliminate the places where they lay eggs.

Items that collect rainwater or to store water (for example, cisterns, plastic containers, buckets, or used tires) should be covered or properly discarded. Pet and animal watering containers should be emptied and cleaned (to remove eggs) at least once a week. This will eliminate the mosquito eggs and larvae and reduce the number of mosquitoes in these areas.

Using air conditioning or window and door screens reduces the risk of mosquitoes coming indoors. Proper application of mosquito repellents containing 20% to 30% DEET as the active ingredient on exposed skin and clothing decreases the risk of being bitten by mosquitoes.



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Source information:



Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)

# Chikungunya & Dengue



**Protect yourself and your  
loved ones from mosquito-  
borne diseases**

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