



Gila County  
Health & Emergency Management

Prevent. Promote. Protect.

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## Dengue Fever Fact Sheet

### Background

Dengue is a viral disease transmitted by the bite of infected mosquitos. It is the most common cause of fever in U.S. travelers returning from the Caribbean, South America, and Asia.

*Aedes* mosquitos are daytime biters and often bite around the lower legs and feet; they are very common in Gila County.

### Countries where Dengue Fever is Common



### Treatment

There is currently no cure for dengue; treatment involves managing symptoms. Tylenol and ibuprofen may be helpful to treat fever, headache, and joint pain. Most people will recover in 2 to 7 days. Rarely, life threatening symptoms may occur. If you develop severe abdominal pain, persistent vomiting, or rapid breathing, seek medical care immediately.

### Symptoms

Symptoms occur 4 to 10 days after a bite from an infected mosquito. The most common symptoms are fever and headache, other symptoms include:

- Muscle and joint pain
- Nausea and vomiting
- Swollen glands
- Rash

### Prevention

There is no vaccine for dengue fever; the best prevention is to stop mosquito breeding and avoid mosquito bites by:

- Wearing long sleeves and pants, if possible
- Emptying standing water from containers, such as flower pots and buckets
- Using insect repellent on exposed skin and on clothing
- When using both, applying sunscreen before applying insect repellent
- Persons who have dengue fever should be careful to avoid mosquito bites for at least 7 days after their illness begins

### Transmission

Dengue is spread by the *Aedes aegypti* and *Aedes albopictus* mosquitos. People develop dengue after being bitten by an infected mosquito. Mosquitoes become infected when they bite somebody who has the dengue virus in their blood. Once infected, the virus multiplies inside the mosquito and can be transmitted to other people. The virus is not spread directly from person to person.

### For more information

If you need more information, please contact your primary care physician or Gila County Division of Health & Emergency Management at (928) 402-8811.