What to Know and Do About Dengue Virus

Dengue virus (DENV) is a common virus spread by the bite of infected Aedes mosquitoes. As global temperatures increase, mosquitoes that spread dengue may reach new areas and increase the spread of the virus.

Identifying Dengue



- **Timeline:** Dengue virus symptoms may appear five to seven days after being bitten by an infected mosquito. Many people will not experience any symptoms. However, for those who do, symptoms typically go away within two weeks.
- **Common Symptoms:** Dengue virus symptoms may include fever, nausea, vomiting, rash, muscle aches, joint pain, bone pain, or headache. Anyone experiencing these symptoms following a mosquito bite or after spending time in areas with frequent or continuous dengue transmission should be tested for the virus.
- **Severe Symptoms:** Seek immediate/emergency medical care if you or someone you're caring for has any severe dengue virus symptoms, including feeling tired or restless, irritability, belly pain, bleeding from the nose and/or mouth, vomiting blood, and/or vomiting (at least three times in 24 hours).

Protect Yourself from Dengue

- **Avoiding contact with mosquitoes is the best protection from the dengue virus.** Protect yourself from mosquito bites by:
    - Using Environmental Protection Agency (EPA)-approved bug repellents.
    - Wearing protective, loose-fitting clothing.
    - Avoiding moist fields and stagnant water (also known as bodies of water with little to no movement, including ponds, lakes, and pools), when possible.
- **Check vaccine eligibility for children in your family:** One vaccine (QDenga) has been approved and licensed for people ages 6 to 16 years old who live in high-transmission areas. Additional vaccines are currently being evaluated.

If You Test Positive for Dengue Virus

- Follow the guidance provided by a healthcare provider. Since there is no specific medicine or treatment for dengue, mild symptoms can often be treated at home through rest, hydration, and appropriate over-the-counter acetaminophen for fever and pain relief as needed.

For more information about dengue and resources to keep you safe, contact your local health department or a healthcare provider.