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# Advisory on Dengue Fever



By

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# BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR Advisory on “Dengue Fever”

Dengue viruses are spread to people through the bite of an infected mosquitoes Aedes species. Dengue is common in more than 100 countries around the world, 40% of world’s population, about 3 billion people, live in areas with a risk of dengue.



## What is Dengue Fever?

Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes.

- It is an acute illness of sudden onset that usually follows a benign course with headache, fever, exhaustion, severe joint and muscle pain, swollen glands (lymphadenopathy), and rash.
- The dengue causes fever, rash, and headache and other body pains this a is particular characteristic of dengue.
- Dengue strikes people with low levels of immunity. It is possible to get dengue fever multiple times.
- However, an attack of dengue produces immunity for a lifetime to that particular serotype to which the patient was exposed.

## How is Dengue Contracted?

The virus is contracted from the bite of Aedes aegypti mosquito that has previously bitten an infected person. The mosquito flourishes during rainy seasons but can breed in water-filled flower pots, plastic bags, and cans year-round. The mosquito bites during the day.

## What are the Signs and Symptoms of Dengue?

After being bitten by a mosquito carrying the virus, the incubation period ranges from three to 15 (usually five to eight) days before the signs and symptoms of dengue appear.

- Dengue starts with chills, headache, pain upon moving the eyes, and low backache.
- Painful aching in the legs and joints occurs during the first hours of illness.
- The temperature rises quickly as high as 104° F (40° C), with relative low heart rate (Brady Cardia) and low blood pressure (Hypotension). The eyes become reddened.
- A flushing or pale pink rash comes over the face and then disappears. The glands (lymph nodes) in the neck and groin are often swollen.



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- Fever and other signs of dengue last for two to four days, followed by rapid drop in temperature (Defervescence) with profuse sweating.
- This precedes a period with normal temperature and a sense of well-being that lasts about a day. A second rapid rise in temperature follows.

A characteristic rash appears along with the fever and spreads from the extremities to cover the entire body except the face.

### How is Dengue Diagnosed?

The Dengue infection can be diagnosed by various serological tests such as Dengue NS1 and Dengue IgM / IgG. In addition, the monitoring of the platelet count is important to detect the decreasing platelet trend.

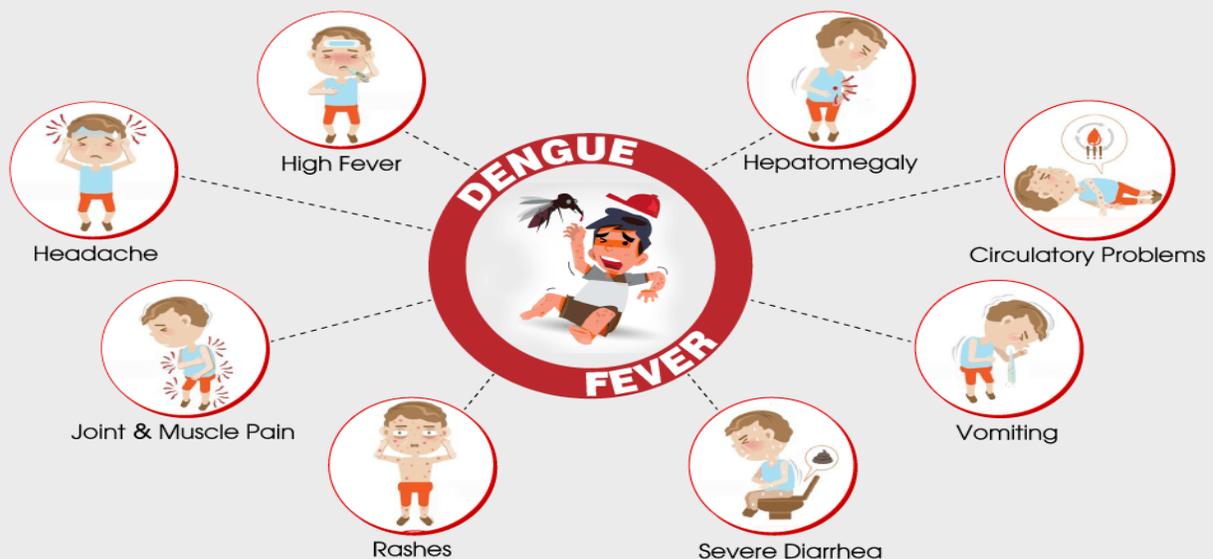
### How is Dengue Fever Treated?

Dengue is caused by a virus, there is no specific medicine or antibiotic to treat it. For typical dengue, the treatment is purely concerned with relief of the symptoms. Medicines should be taken only as advised by the doctor.

### What is Dengue Hemorrhagic Fever?

Dengue Hemorrhagic Fever (DHF) is a specific syndrome that tends to affect children under 10 years of age. It causes abdominal pain, hemorrhage (bleeding), and circulatory collapse (shock). DHF starts abruptly with high continuous fever and headache. There are respiratory and intestinal symptoms with sore throat, cough, nausea, vomiting, and abdominal pain.

## Signs & Symptoms of Dengue Fever





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## When to see a Doctor?

People should contact a doctor on noticing the following symptoms after a mosquito bite

- Headache
- Flu-like symptoms
- Fever Aches and pains medical assistance.
- Rashes if there is Allergic reaction following a mosquito bite, please seek emergency

## What is the Prevention?

The transmission of the virus to mosquitoes must be interrupted to prevent the illness. To this end, patients are kept under mosquito netting until the second bout of fever is over and they are no longer contagious. The prevention of dengue requires control or eradication of the mosquitoes carrying the virus that causes dengue.



## Points to Remember

- Wear full sleeve clothes and long dresses to cover the limbs;
- The patient should be kept under a mosquito net or in a screened room during the period of illness;
- To Screen your rooms against mosquitoes, use mosquito nets or use mosquito repellent;
- Discard objects in which water collects, e.g. tins, cans, coconut shells, etc. Do not allow water to collect in pits around your houses. All stored water containers should be covered all the time;
- Remove water from refrigerator drip pans and AC drains every other day;
- Curtains (cloth or bamboo) can also be treated with insecticide and hung at windows or doorways, to repel or kill mosquitoes;
- Use air conditioning or window/door screens to keep mosquitoes outside;
- Be more cautious when traveling to or coming from an infected place/country;
- Give nutritious food and fluids to drink to the patients.
- Patients should be asked to take plenty of rest;