

Dengue **(Social Security Institute, IMSS)**

What is Dengue?

Dengue is a disease caused by a virus and it's transmitted to people by the bite of the mosquito carrying the disease.

Dengue is not transmitted from one person to another and there is currently no vaccine to combat it. It is common in tropical and subtropical regions such as Central America, South America, and places where water stagnates.

There are 3 different manifestations of the disease, which are:

- Dengue fever
- Hemorrhagic fever
- Hemorrhagic shock

Symptoms

The symptoms of dengue, commonly known as "trancazo" (Break down) "“fiebre quebrantahuesos”,(Breaking bone fever), appear after a period of 4 to 7 days. They are presented as:

- Fever
- Bone pain
- Severe headache (forehead)
- Eye pain (which increases when moving eyes)
- Skin rash (similar to measles)
- Nausea
- Vomit
- Insomnia
- Pruritus (itching)
- Lack of appetite
- Abdominal pain

In severe cases:

- Hemorrhage
- Convulsions caused by fever
- Severe dehydration

Prevention Measures

- **Wear clothes that cover most of your body.**
- **Do not expose yourself to the bite of flies.**
- **Use mosquito repellent (Every four hours).**
- **Use a pavilion or fabric that covers your bed completely.**
- **Install screens on doors and windows.**
- **Prevents garbage from accumulating.**
- **Do not leave containers where water accumulates.**
- **Constantly wash water containers, as well as water tanks and cisterns.**
- **Use larvicides in containers to kill fly larvae.**
- **Use special insecticides to eliminate the fly in its adult phase**

Treatment

- Follow your doctor's recommendations.
- Drink plenty of fluids.
- Do not expose yourself to mosquito bites as they could transmit the disease to other people.
- Rest
- Do not self-medicate

Risks

In severe cases, dengue can become complicated by converting in dengue hemorrhagic fever, when both internal and external bleeding occurs. Or in hemorrhagic shock, when blood does not flow to the body's major organs, which can cause death.

Source: <https://www.imss.gob.mx/salud-en-linea/dengue>