

# DENGUE FEVER



## What is Dengue Fever?

Dengue fever is a disease caused by the dengue virus. The virus is passed on to humans by bites from infected *Aedes* mosquitoes.

Dengue can cause low blood pressure and may progress to severe dengue in rare cases. You may have severe dengue if you experience:

- Major bleeding (gums, nose, internal organs)
- Low blood pressure or shock
- Inflammation of the liver and other organs

## What are the Symptoms?

- Fever
- Headache
- Muscle and joint aches
- Rashes
- Vomiting
- Easy bruising
- Mild bleeding from nose or gums
- Nausea

## How Can I Be Treated?

Your doctor may provide treatments that include:

- Fluid and electrolyte replacement (to help you stay hydrated)
- Medications to relieve your symptoms
- Medications to prevent or control your bleeding

## How Can I Protect Myself from Dengue Fever?



- ✓ Remove or wipe mosquito breeding spots regularly e.g. roof gutters, flowerpot, vases (most effective)
- ✓ Apply insect repellent to reduce risk of mosquito bites
- ✓ Take precautions when travelling to areas where dengue fever is common (wear long sleeves and pants or use mosquito nets while sleeping)



Scan the QR code to access more health information on our NCID Diseases and Conditions page

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National Centre for  
Infectious Diseases  
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