



The State Department of Health has confirmed cases of dengue fever originating on Hawaii Island.

Dengue fever is a virus that is spread by infected mosquitoes and is not transmitted directly from person to person. Symptoms include severe headaches, rash, and pain in eyes, joints, muscles and bones. If you believe you may be suffering from dengue fever, contact your health care provider and follow their recommendations.

To prevent the potential spread of dengue fever, the State Department of Health recommends residents remove standing water at their homes and businesses, and water catchment systems should be covered to prevent possible breeding opportunities. Avoid mosquito bites by wearing long sleeves and pants outdoors, and use mosquito repellent if going to an area where you are likely to get bitten.

The State Department of Health is working with other State and County agencies to inspect possible sources of dengue-carrying mosquitoes and take appropriate control actions. The Department of Health, Department of Education, and County of Hawaii are working together to address any concerns with school campuses and to ensure the safety of the students and faculty.

For additional information on dengue fever and preventing the spread of dengue fever, go to health.hawaii.gov or call the Department of Health at [974-4000](tel:974-4000), extension 68362.

What is dengue fever?

Dengue fever is a viral illness spread by mosquitoes.

How do you get it?

The dengue virus is spread through the bite of infected Aedes mosquitoes. Dengue is not spread directly from one person to another.

What are the symptoms of dengue fever?

The symptoms of dengue fever include sudden onset of fever, severe headaches, eye, joint, and muscle pain, and rash. The rash typically appears on the hands, arms, legs and feet 3 to 4 days after the fever begins. Minor bleeding problems can also occur. The symptoms usually go away completely within 1 to 2 weeks. Sometimes, people with dengue fever have blood clotting problems. When this happens, the illness is called dengue hemorrhagic fever. Dengue hemorrhagic fever is a very serious illness with abnormal bleeding and very low blood pressure (shock). The symptoms usually start 5 to 6 days after being bitten by infected mosquitoes, but the onset can range from 2 to 15 days.

What is the treatment for dengue fever?

There is no specific treatment for dengue fever. Bed rest and acetaminophen (Tylenol) to treat fever and pain are recommended. Aspirin and NSAIDS (ibuprofen, naproxen) are not recommended as they can make bleeding problems worse. There is currently no vaccine for dengue fever.

How can you keep from getting it?

When traveling to areas that have dengue fever, try to avoid exposure to mosquitoes. Aedes mosquitoes are usually most active in the early morning hours after daybreak, in the late afternoon before dark, and any time during the day when indoors or in shady areas. Use mosquito netting over beds, and screens on windows and doorways. Use mosquito repellents and wear appropriate clothing such as long-sleeved shirts and long pants that reduce exposure to mosquito bites. Mosquitoes are drawn to dark colors; so if possible, wear white or light colored clothing when you are likely to be exposed to biting mosquitoes.