

Dengue

Dengue fever is a mosquito-borne viral infection that is widespread in tropical and subtropical regions of the world. It is caused by the dengue virus, which is transmitted to humans primarily through the bite of infected female Aedes mosquitoes, particularly the Aedes aegypti species.

Here are some key points about dengue fever:

1. **Symptoms:** Dengue fever typically presents with symptoms such as high fever (often reaching 104°F or 40°C), severe headache (especially behind the eyes), joint and muscle pain, rash, and mild bleeding (such as nosebleeds or bleeding gums). In some cases, it can progress to a more severe form called dengue hemorrhagic fever, which can be life-threatening.
2. **Transmission:** The primary mode of transmission is through the bite of infected mosquitoes. The Aedes mosquitoes are most active during the daytime, especially during early morning and late afternoon hours. It is important to note that dengue fever is not directly contagious from person to person.
3. **Risk Factors:** Anyone living in or traveling to areas where the Aedes mosquitoes are prevalent is at risk of contracting dengue fever. Factors that contribute to the spread of dengue include inadequate mosquito control measures, stagnant water accumulation, and increased urbanisation.
4. **Prevention:** Preventive measures focus on reducing mosquito breeding sites and minimising mosquito bites. This can be achieved through measures such as using mosquito repellents, wearing protective clothing (long sleeves, pants, etc.), and installing screens on windows and doors. Additionally, eliminating stagnant water sources and ensuring proper waste disposal can help reduce mosquito breeding grounds.
5. **Treatment:** Supportive care is usually provided to manage symptoms and prevent complications as there is no specific treatment. This may involve rest, hydration, and pain relief with over-the-counter medications like acetaminophen (avoiding non-steroidal anti-inflammatory drugs, such as aspirin and ibuprofen, which can increase the risk of bleeding).

If you suspect you have dengue fever or are experiencing symptoms, it is important to consult your doctor at SunStar Clinics for proper diagnosis and management.