

Dengue Fever

Frequently Asked Questions

What is Dengue Fever?

It is a febrile illness caused by a virus known as the Dengue virus. The dengue virus has 4 serotypes.

How is Dengue Fever spread?

It is spread by Aedes mosquitoes (*Scientific name: Aedes Aegypti*) carrying the dengue virus. It is not spread directly from person to person.

What are the Symptoms and Signs of Dengue Fever?

Dengue fever is characterized by one or more of the following symptoms:

The sudden onset of fever, (which can be prolonged up to 7 days) and can be accompanied by intense headache, body aches, joint pains, loss of appetite, pain behind the eyes, nausea, vomiting and/or the development of skin rashes.

Dengue Haemorrhagic Fever (the severe form of dengue fever) presents similarly to Dengue Fever but is associated with more severe bleeding problems (e.g. gum bleeding, nose bleeding and bleeding into the skin and internal organs). In severe cases, it can also be life threatening.

Is Dengue Fever a deadly illness? Will I die from it?

The majority of patients who have the illness recover from it, with no permanent disability. There are rare instances where patients succumb to it due to complications from the illness.

How can I prevent Dengue Fever?

Dengue fever can be prevented by adopting the following measures:

(A) To prevent being bitten by the Aedes mosquitoes, the following is recommended:

1. Wear long-sleeved clothing
2. Use mosquito patches on exposed parts of your body
3. Use mosquito repellants such as electric vapour mats and mosquito coils for living areas
4. Avoid travelling to dengue 'hotspots' where the risk of getting bitten is high

(B) To prevent the breeding of Aedes mosquitoes, the following precautions should be taken to prevent accumulation of stagnant water:

1. Clear blockages from roof gutters
2. Clear leaves and stagnant water from drains
3. Removing water from potted plants daily
4. Changing the water in vases daily

Medical Advisory:

1. Do consult a doctor early if fever persists for more than 24 hours
2. If in doubt, consult your doctor for advice. Further laboratory investigation and treatment to be recommended if necessary

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