

Facts About Dengue

- ✍ Dengue is caused by four similar viruses. A severe form of Dengue is called Dengue Hemorrhagic Fever and if not recognized can be fatal.
- ✍ Dengue is transmitted by container breeding mosquitoes, primarily *Aedes aegypti*, but *Aedes albopictus*, which is more common in Duval County has been found to carry the virus.
- ✍ Most cases of Dengue that occur in Florida actually occur when residents travel to areas where the virus is endemic. Alert your physician of any fever illness occurring within three weeks of leaving an endemic area.
- ✍ Dengue may last up to 10 days, however complete recovery can take up to 2 to 4 weeks. Infection is diagnosed by blood tests that detects the presence of the virus or antibodies. Symptoms include the following:
 - ? sudden onset, high fever
 - ? severe headaches
 - ? joint and muscular pain
 - ? nausea/vomiting
 - ? rash that may appear 3-4 days after severe onset
- ✍ Treatment usually involves bed rest, fluids, and medications to reduce the fever such as acetaminophen. Avoid taking any aspirin.
- ✍ There is not a vaccine for the Dengue virus, so take precautions to avoid mosquito bites when in high risk areas.
 - ? Minimize time spent outdoors during the day. Wear long sleeves, pants, shoes and socks when outdoors.
 - ? Use insect repellents according to the manufacturer's direction. Repellents containing 10% to 35% DEET are effective. For children, repellents should not contain more than 10% DEET.
 - ? Make sure door and window screens fit properly and are in good repair.
- ✍ Mosquitoes that are capable of transmitting Dengue breed in containers and tires and **DO NOT** fly very far from breeding areas. To prevent mosquito breeding, reduce the amount of standing water available.
 - ? Dispose of any containers that accumulate water such as old planting pots.
 - ? Empty any standing water from used or discarded tires.
 - ? Turn over any wading pools when they are not in use.
 - ? Clean clogged roof gutters once a year.
 - ? Turn over wheelbarrows when not in use.
 - ? Change water in birdbaths once a week.
 - ? Aerate ornamental pools or stock them with fish.
 - ? Clean and chlorinate swimming pools, even when they are not being used. Do not let water accumulate on swimmingpool covers.
 - ? Use landscaping which will help eliminate standing water on your property.
- ✍ For more information on Dengue, refer to the CDC web site at www.cdc.gov, or contact the local county health department. Information in this brochure was obtained from the CDC web site and the local health department.



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