



ASD.CSO MEDICAL AND DENTAL
ADVISORY A.Y. 2023-2024

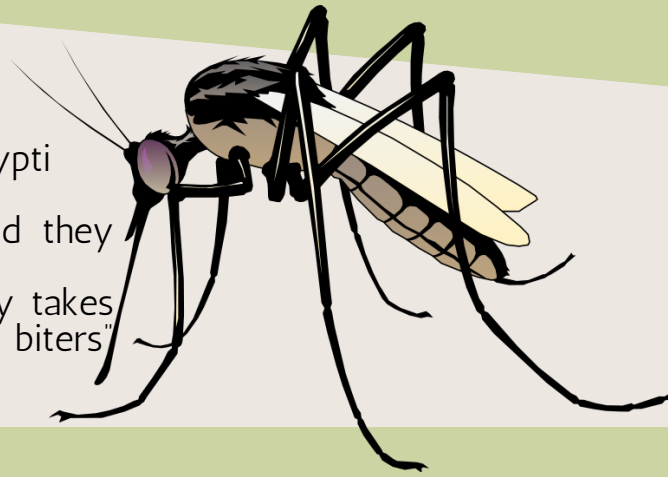
DENGUE

Dengue is the fastest spreading vector-borne disease in the world endemic in 100 countries:

- Dengue virus has four serotypes (DENV1, DENV2, DENV3 and DENV4)
- First infection with one of the four serotypes usually is non-severe or asymptomatic, while second infection with one of other serotypes may cause severe dengue.
- Dengue has no treatment but the disease can be early managed.

TRANSMISSION

- Dengue virus is transmitted by day biting *Aedes aegypti* and *Aedes albopictus* mosquitoes.
- Dengue mosquitoes are usually in dark places, and they breed in clear stagnant water.
- The metamorphosis from larvae to mosquito usually takes 10-12 days. Dengue carrying mosquitoes are "day biters" and frequents 2 hours before the sun sets.



INCUBATION PERIOD

- It begins abruptly after an incubation period of 5-7 days (range, 3-10 days), and the course follows 3 phases: febrile, critical, and convalescent. Fever typically lasts 2-7 days and can be biphasic.

SYMPTOMS

- Dengue can be life threatening when not managed early. Seek early consultation when experiencing any of these symptoms:



fever



skin flushing



loss of appetite



aches and pains



nausea/vomiting

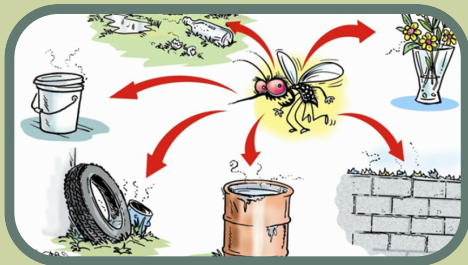


rashes
(usually appears during
recovery phase)



bleeding
(nose, gums, stool, urine, or
menstruation)

DOH's 4S in Dengue Prevention and Control



Search and destroy mosquito breeding sites.

- Any container that could hold water should be drained or disposed properly
- Always keep your surroundings clean.



Self protection measures

- like wearing long pants and long-sleeved shirts
- Daily use of mosquito repellent



Seek early consultation.



Support fogging/spraying only in hotspot areas

where increase in cases is registered for two consecutive weeks to prevent an impending outbreak.

References:
<https://doh.gov.ph/Health-Advisory/Dengue>
<https://doh.gov.ph/national-dengue-prevention-and-control-program>

For queries and concerns, please email cs0-medical@dlszobel.edu.ph