

ANYONE CAN GET
DENGUE FEVER

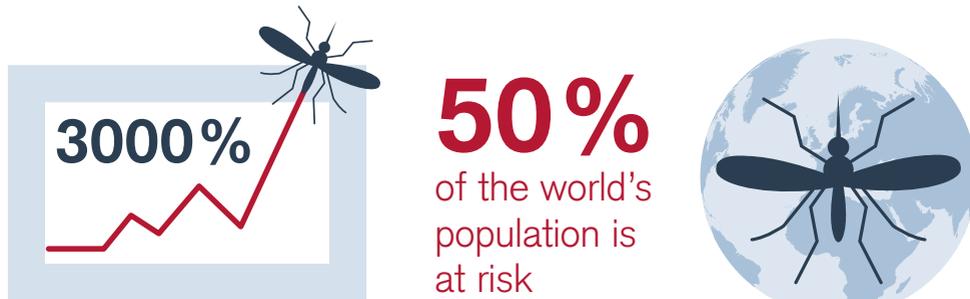
MAKE SURE IT'S NOT YOU

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FAST FACTS



1 infected mosquito passes on dengue every time it bites



the increase in dengue
cases in 50 years



Anyone can get dengue fever. It's an everyday risk for almost half the world's population, and it's spreading. It can make you feel very ill. Most people recover without long-term problems, but severe dengue is life-threatening.

TAKE AIM ON DENGUE



ACT ON AWARENESS

Early recognition and prompt treatment can reduce risk of complications.

- Dengue fever and severe dengue are viral infections
- They spread from mosquito to human, human to mosquito
- One single bite, from one infected mosquito can cause dengue
- It is widespread in most tropical countries
- High population density means high threat
- Severe dengue is potentially life-threatening. Re-infection carries higher risks of severe dengue



IDENTIFY WARNING SIGNS

One disease. Different symptoms. Unpredictable outcomes.

- Dengue: High fever for 2-7 days; severe headache around forehead or back of eyes; bone and joint pains; sickness; red rash; nausea
- Severe dengue warning signs at 3-7 days: Sudden drop in temperature; acute abdominal pain; persistent vomiting; rapid breathing; bleeding gums; blood in vomit. Seek immediate medical advice



ACT ON AWARENESS

Early recognition and prompt treatment can reduce risk of complications.

- Dry up. Empty and clean stagnant water and rainwater in and around living and work environments regularly.
- Cover up. Mosquito-proof water containers with netting or lids.
- Keep off. Stay protected in long-sleeves, trousers, socks and closed shoes during the day.
- Keep out. Stay safe behind screens, closed windows and doors. Use mosquito nets if sleeping during the day.
- Keep away. Use insect repellent on bare skin and clothing.

Meet the mosquito

Dengue is most commonly spread by the female *Ae. aegypti* mosquito. She is semi-domestic. She lays her eggs in stagnant water, often in vases, buckets, gutters, old tires, water tanks and wet floors. She usually spends most of her 2-4 week lifespan close to the place where she hatches. She feeds during the daytime, usually outside at dusk and dawn, but can bite at any time in cloudy or shady places or indoors.

