

## Dengue symptoms:

- Fever
- Headache
- Muscle and joint pains
- Nausea / vomiting
- Rash
- Hemorrhagic manifestations

If you have these symptoms, ask your physician to order a test for dengue.

## Alarm signs:

- Intense abdominal pain
- Persistent vomiting
- Abrupt change from fever to hypothermia, with sweating and prostration.
- Restlessness or somnolence.

Immediately consult your doctor if any of these appear.

## Treatment:

- Rest, drink plenty of fluids and consult a physician.
- **Avoid pain relievers that contain aspirin** and non steroidal anti-inflammatory medications such as ibuprofen. Acetaminophen or paracetamol may be used.



To eliminate mosquito breeding sites and reduce the risk of dengue, check around your house and empty water from buckets, cans, flower pots and other items.

## If you have dengue:

- **Avoid mosquito bites while you have a fever.**
- Don't let mosquitoes bite you. They can infect other members of your family with dengue after biting you.
- Use mosquito barriers until the fever subsides, to prevent day-biting mosquitoes from biting a sick person, becoming infected, and then biting someone else.
- Rest in a screened room or under a bed net.
- Use insect repellents and spray insecticide indoors if there are mosquitoes.

## For more information:



## CENTERS FOR DISEASE CONTROL AND PREVENTION

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[www.cdc.gov/ncidod/dvbid/dengue/index.htm](http://www.cdc.gov/ncidod/dvbid/dengue/index.htm)  
[www.salud.gov.pr](http://www.salud.gov.pr)

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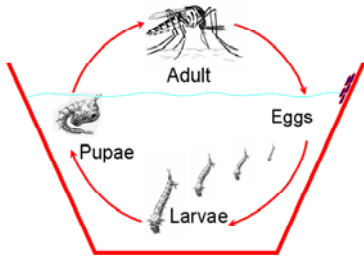
## CENTERS FOR DISEASE CONTROL AND PREVENTION

# Protect yourself from mosquito bites and dengue



Actual size of an  
*Aedes aegypti* mosquito → 

Dengue is carried by the *Aedes aegypti* mosquito, which can be found in the home.



This mosquito lays its eggs on the walls of water holding containers that are found around the home. Eggs hatch when submerged in water. Within 8 days the mosquito can complete its life cycle from egg, to larvae, to pupae and to an adult flying mosquito.

To help reduce the mosquito population in your community and the risk of exposure to dengue, eliminate larvae that grow in stored water.

### If you have mosquitoes in your house:

- Eliminate any containers where the mosquito can lay her eggs, either by emptying the water, covering them or turning them upside down.



- Keep mosquitoes outside by fixing or installing window and door screens. Don't give mosquitoes a place to breed. A small amount of water can be enough for a mosquito to lay her eggs.

- Look around every week for possible mosquito breeding places. Empty water from buckets, cans, pool covers, flower pots and other items that aren't being used. Clean pet water bowls daily. Check if rain gutters are clogged. If you store water outside or have a cistern, make sure it's covered up. Encourage your neighbors to do the same.

### If you have problems with the water supply in your area and you have to store water:

- Wash the interior of containers with a brush or sponge, to remove mosquito eggs that might be present, before filling them with water.
- Keep containers with water tightly sealed so that mosquitoes can not get inside and lay eggs. If you observe mosquito larvae, empty the container to eliminate any mosquito eggs.



Incorrect

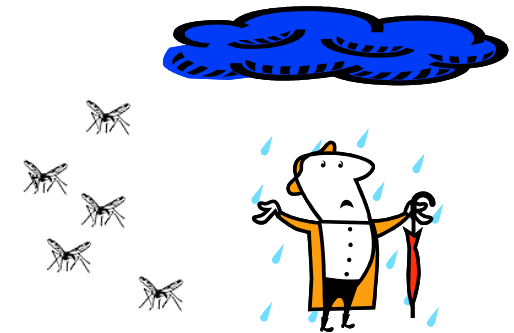


Correct

In order to prevent the *Aedes aegypti* mosquito from laying its eggs in containers where you store water, keep it covered.

### Remember that after the rain... there are more mosquitoes

Some mosquitoes lay eggs in the walls of artificial (plastic, metal, glass) containers with fresh water. Other mosquitoes prefer dirty water in trenches or brackish water in swamps to reproduce. In only one week these eggs can hatch and grow into adult mosquitoes.



Immediately after the rain, SEARCH for and ELIMINATE all WATER accumulated in containers and help your community to PREVENT DENGUE.