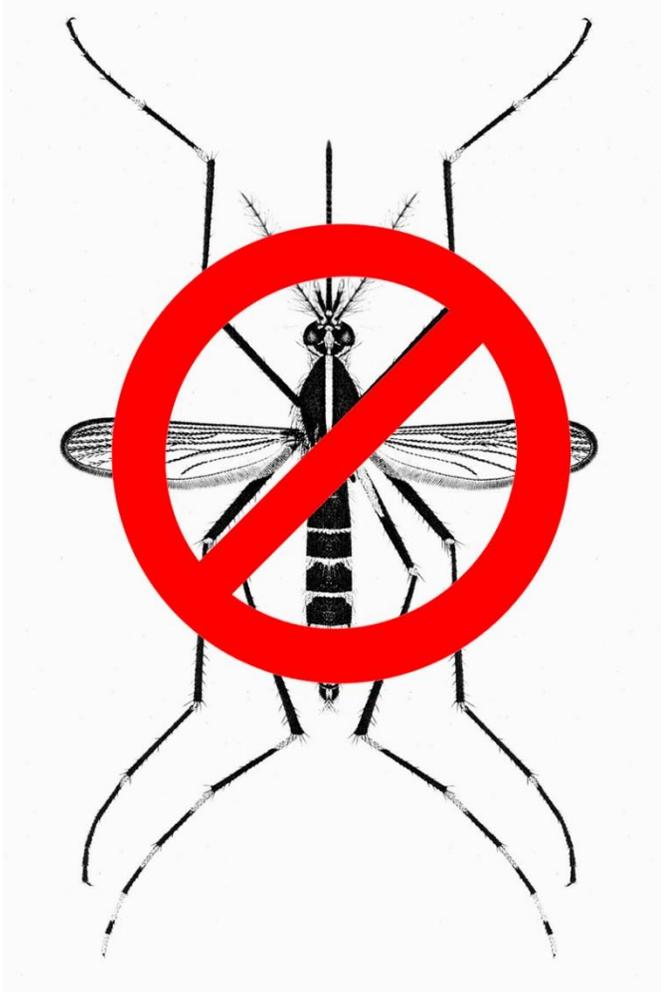


Dengue Fever

What You Can Do



Tripler Army Medical Center
Department of Preventive Medicine

What is Dengue Fever?

Dengue fever is a viral illness of humans carried by mosquitoes

Dengue Fever Symptoms

- ❑ high fever
- ❑ severe headaches
- ❑ muscle and joint pains
- ❑ rash
- ❑ vomiting

Consult your doctor if you have any dengue fever symptoms

Eliminate Mosquito Breeding Sources

- ❑ Tires
- ❑ Bottles/cans
- ❑ Trash
- ❑ Clogged roof gutters
- ❑ Flower pots
- ❑ Bromeliads and other water-containing plants
- ❑ Any other item that can hold water

Protect Your Family

- ❑ Avoid going outside when mosquitoes are most active during dawn and dusk hours, when mosquitoes are most active.
- ❑ Cover-up with clothing as much as possible
- ❑ Use insect repellents on exposed skin
- ❑ Use mosquito repellents with 20 to 50% DEET
- ❑ For children under age 5 use products with DEET concentrations no greater than 10%
- ❑ For children older than 5 years use products with DEET concentrations no higher than 15%
- ❑ Always read and follow the labels on insect repellants

Note: Vitamins, herbal mixtures, ultrasonic devices, and bath oils are not effective at repelling mosquitoes. Use only those products that are EPA approved.

For more information call

**Tripler Army Medical Center, Department of Preventive
Medicine (808) 433-9944.**