

Dengue

Dengue is an infection caused by the dengue virus. Dengue is spread by infected mosquitoes. The mosquitoes that spread dengue (*Aedes aegypti* and *Aedes albopictus*) live in many parts of the world including the United States, and in California and San Diego County.



How Does It Spread?

Dengue viruses are spread to people through the bites of infected mosquitoes. These mosquitoes typically lay eggs in standing water found in small containers. These mosquitoes live both indoors and outdoors near people. They bite any time of the day and night. Dengue virus is **NOT** spread from person-to-person.

What Are The Symptoms?

About 1 in 4 people infected with dengue will get sick. Symptoms may develop within 2 weeks of being bitten by an infected mosquito. Symptoms of dengue typically last 2-7 days. Most people recover after about one week. The most common symptoms of dengue is **fever with:**

- Headache;
- Pain behind the eyes;
- Muscle, joint, or bone pain;
- Nausea;
- Vomiting; and/or
- Rash.

About 1 in 20 people who get sick with dengue will develop severe dengue which can be life threatening.

Key Points

- **Dengue is a disease that spreads to people from the bite of an infected mosquito.**
- **There is no medicine to treat this disease.**
- **The best way to prevent dengue is to avoid mosquito bites.**
- **These mosquitoes bite during the day and night and live indoors and outdoors.**
- **Use insect repellent, use window and door screens, and empty or throw out any items outside that hold water.**

San Diego County Public Health Services

Dengue Frequently Asked Questions (FAQ)



How Is It Treated?

There are no medicines available to treat dengue illness. Antibiotics do not treat viruses. Rest, fluids, and over-the-counter pain medications may relieve some symptoms. In severe cases, patients may need to be hospitalized to receive supportive treatment.

How Can You Prevent Getting This Disease?

The best way to prevent getting dengue is to avoid mosquito bites.

- Use an Environmental Protection Agency (EPA) registered insect repellent to avoid mosquito bites.
- Control mosquitoes inside and outside your home by using screens on windows and doors.
- Mosquitoes lay eggs in water. Empty or throw out any items that hold water, like tires, buckets, vases and flowerpot saucers.



More Information



Scan the QR code to learn more about dengue.



Scan the QR code to learn about the Vector Control Program.