

## Why is dengue important?

Dengue is a common mosquito borne viral infection. Severe dengue can cause serious illness and deaths among children.

July to August is the peak season for transmission of Dengue in Myanmar coinciding with the monsoon.

There is no specific treatment for dengue.

Preparedness for the dengue season is critical to be able to prevent, detect and respond. Therefore, the following information regarding dengue- including simple prevention measures will be helpful. We can all help disseminate these public health messages and practice them at the same time -- to reduce dengue disease in the community and country. We are joining hands for dengue prevention and control, will you?

## What is dengue?

- Dengue is one of the most common mosquito-borne viral infections.
- The infection is spread from one person to another through the bite of infectious mosquito called *Aedes*.
- Dengue transmission intensity in Myanmar is cyclical, in alternate years. Total cases in **2015**: 42,913 people; in **2016**: 10,770 people; in **2017**: 31,288 people; and so far in **2018**: 12,750 people (until 17 August). Despite this cyclical nature, a slowly declining trend is seen overall.
- In June 2018, WHO supported advocacy meetings by Myanmar health authorities in four States & Regions, before peak transmission season, to aware community for preparedness of dengue prevention and control.

## Which causal pathogen?

- Dengue virus is the causative agent. There are 4 distinct types of dengue virus, called DEN-1, DEN-2, DEN-3 and DEN-4.



## Knowing about dengue

- The disease causes flu-like illness which sometimes can be severe and take lives.
- Children below 15 years are mostly affected but dengue also affects adults.
- The disease is reported in all states and regions, rural and urban areas in Myanmar.
- Severe dengue is a leading cause of serious illness and death among children.
- Reducing dengue disease relies on controlling mosquitoes. Every member of the community has an important role there. So has programmatic preparation. Dengue prevention and control depends on effective mosquito control measures.

## How to recognize dengue?

- high fever
- severe headache
- pain behind the eyes
- muscle and joint pains
- severe abdominal pain
- nausea, vomiting
- body rash

### What is the treatment?

- There is no specific treatment for dengue.
- At the same time, early detection and proper care decreases deaths from dengue very significantly

### What can we do to help prevent dengue?

Every member of the community has an important role to help prevent dengue. So has programmatic preparation. The key public health messages that communities can practice are;

- seeking the advice of a health professional for early diagnosis;
- covering, emptying and cleaning of domestic water storage containers on a weekly basis;
- disposing of solid waste properly and removing artificial man-made mosquito breeding sites (vehicle tyres, fruit cans, plastic bags) from the environment;
- drainage of water collection points around the house; and
- raising community awareness for mosquito control.

**Time from infectious mosquito bite to symptoms (incubation period) is about 8 days on average**

## Indications for Dengue Fever



**fever & headache,  
pain behind eyes**

**muscle &  
joint pain**



**severe abdominal  
pain**

**persistent  
vomiting**



**difficulty breathing**

**diarrhea**

