

不要以為被蚊子叮咬只是小事!

別輕忽登革熱，若未及時就醫治療，死亡率可達50%

A mosquito bite is a piece of cake?

**Don't neglect dengue hemorrhagic
fever: without timely treatment
mortality is up to 50%.**

WHAT IS DENGUE FEVER (DF)?

Dengue fever is an acute viral disease caused by any one of four closely related dengue viruses. The incubation period is 3–8 days (range, 3–14 days). Symptoms include high fever, headache, eye pain (behind eyes), muscle and/or joint pain and rash. Generally, younger children have a milder illness than older children and adults.

WHAT IS DENGUE HEMORRHAGIC FEVER (DHF)?

DHF is a more severe form of dengue. It can be fatal if unrecognized and not properly treated in a timely manner. DHF is caused by infection with the same viruses that cause dengue fever. With good medical management, mortality due to DHF can be less than 1%.

HOW ARE DENGUE FEVER AND DENGUE HEMORRHAGIC FEVER TRANSMITTED?

Dengue cannot be spread directly from person to person. Dengue is transmitted to people by the bite of mosquito that is infected with the dengue virus. The mosquito becomes infected with dengue virus when it bites a person who has dengue virus in their blood. In Taiwan, the *Aedes albopictus* and *Aedes aegypti* mosquito is the most important vector of dengue viruses.

WHAT IS THE TREATMENT FOR DENGUE?

There is no specific medication for treatment of a dengue infection. Persons who think they have dengue should use analgesics (pain relievers) with acetaminophen and avoid those containing aspirin. They should also rest, drink plenty of fluids, and consult a physician.

WHAT CAN BE DONE TO REDUCE THE RISK OF ACQUIRING DENGUE?

There is no vaccine for preventing dengue. The best preventive measure for residents living in areas infested with *aedes albopictus* or *aedes aegypti* is to eliminate the places where the mosquito lays her eggs, primarily artificial containers that hold water.

- (1) clean and remove any water containers and vector breeding sources.
- (2) always place a tight lid on containers used for water storage.
- (3) weekly, wash out containers with a brush or sponge to remove mosquito eggs.
- (4) wear long sleeve shirts, long pants, socks and closed shoes to avoid mosquito bites.
- (5) use repellents containing deet (n, n-diethyl-m-toluamide) on your clothing and exposed skin.
- (6) use screens on doors and windows.

MORE INFORMATION

1. [WHO|Dengue](#)
2. [USA CDC|Dengue](#)
3. [HEALTHMAP|Denguemap](#)

RESOURCES FOR PREVENTION, CONTROL AND OUTBREAK RESPONSE DENGUE, DENGUE HEMORRHAGIC FEVER:

GUIDELINES AND MANUALS

- A. Dengue Guidelines For Diagnosis, Treatment, Prevention And Control
- B. Global Strategy For Dengue Prevention And Control, 2012–2020
- C. Dengue Hemorrhagic Fever: Diagnosis, Treatment, Prevention And Control. 2nd Edition. Geneva: World Health Organization. 1997
- D. Dengue Hemorrhagic Fever: Early Recognition, Diagnosis And Hospital Management
An Audiovisual Guide For Health Care Workers Responding To Outbreaks
- E. Manual For Indoor Residual Spraying: Application Of Residual Sprays For Vector Control

RESOURCES FOR PREVENTION, CONTROL AND OUTBREAK RESPONSE DENGUE, DENGUE HEMORRHAGIC FEVER:

STRATEGIES AND BEST PRACTICES

- A. Strengthening Implementation Of The Global Strategy For Dengue Fever/Dengue Hemorrhagic Fever
 - B. The International Dengue Task Force: Dedicated To The Fight Against Dengue
 - C. Best Practices For Dengue Control In The Americas - Environmental Health Project
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