

Dengue

Mosquito-borne viral infection spread mainly by *Aedes aegypti* mosquitoes. A person can get dengue more than once and severe cases may lead to life-threatening complications.



Symptoms

- High fever (sudden onset)
- Severe headache and pain behind the eyes
- Muscle and joint pain
- Nausea or vomiting
- Skin rash appearing 2–5 days after fever onset
- Bleeding gums, nosebleeds, or easy bruising (in severe cases)

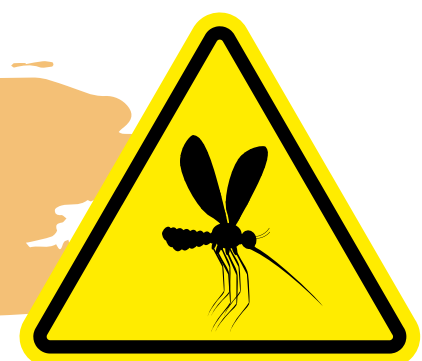
Who is at risk



- People living in or travelling to dengue-prone areas
- Individuals with weak immune systems
- Children and elderly
- People who have had dengue before (higher risk of severe dengue)



Preventive Measures



- Remove stagnant water from your home and surroundings
- Sleep under a mosquito net, if possible
- Wear long-sleeved shirts & pants
- Use mosquito repellent, insecticide sprays or coils
- Minimise outdoor activities during peak mosquito-biting times (early morning and sunset)