



Prevent DENGUE FEVER

Dengue is a viral infection caused by the dengue virus, transmitted to humans through the bite of infected mosquitoes.



Prevention

- wear long-sleeved clothing and trousers to cover your arms and legs, particularly during early morning and early evening
- use insect repellent on your skin (ideally one that contains the ingredient at least 50% DEET)
- close windows and doors whenever possible, or use blinds or screens
- sleep under a mosquito net, including during the day
- coils and vaporizers
- dispose of used tires properly
- turn buckets and storage containers upside down
- keep garbage containers dry and covered
- change water and vase in flower pots



HSA
Public Health
Health Services Authority

345 244 2889
[hsa.ky/Public Health](https://hsa.ky/PublicHealth)



Symptoms

Mild Symptoms

Most people with dengue have mild or no symptoms and will get better in 1–2 weeks. Rarely, dengue can be severe and lead to death. If symptoms occur, they usually begin 4–10 days after infection and last for 2–7 days.



HEADACHE

HIGH 40°C/
104°F FEVER

PAIN BEHIND
THE EYES

SWOLLEN
GLANDS

NAUSEA &
VOMITING

MUSCLE AND
JOINT PAIN

DIARRHEA

Warning Signs

Watch for signs and symptoms of severe dengue. Warning signs usually begin in the 24–48 hours after your fever has gone away.



MOUTH & NOSE
BLEEDING



GASTROINTESTINAL
BLEEDING



BELLY PAIN
& TENDERNESS



EXTREME
VOMITING

If you get dengue, it's important to:

- rest
- drink plenty of liquids
- use acetaminophen (paracetamol) for pain
- avoid non-steroidal anti-inflammatory drugs, like **ibuprofen** and **aspirin**
- watch for severe symptoms and contact your doctor as soon as possible if you notice any.

For advice on Mosquito Control, and to report activity in your area, please contact:

Mosquito Research and Control Unit
Grand Cayman 949-2557
Cayman Brac 948-2223

**Department of
Environmental Health**
Grand Cayman 949-6696
Cayman Brac 948-2321



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