

Dengue fever

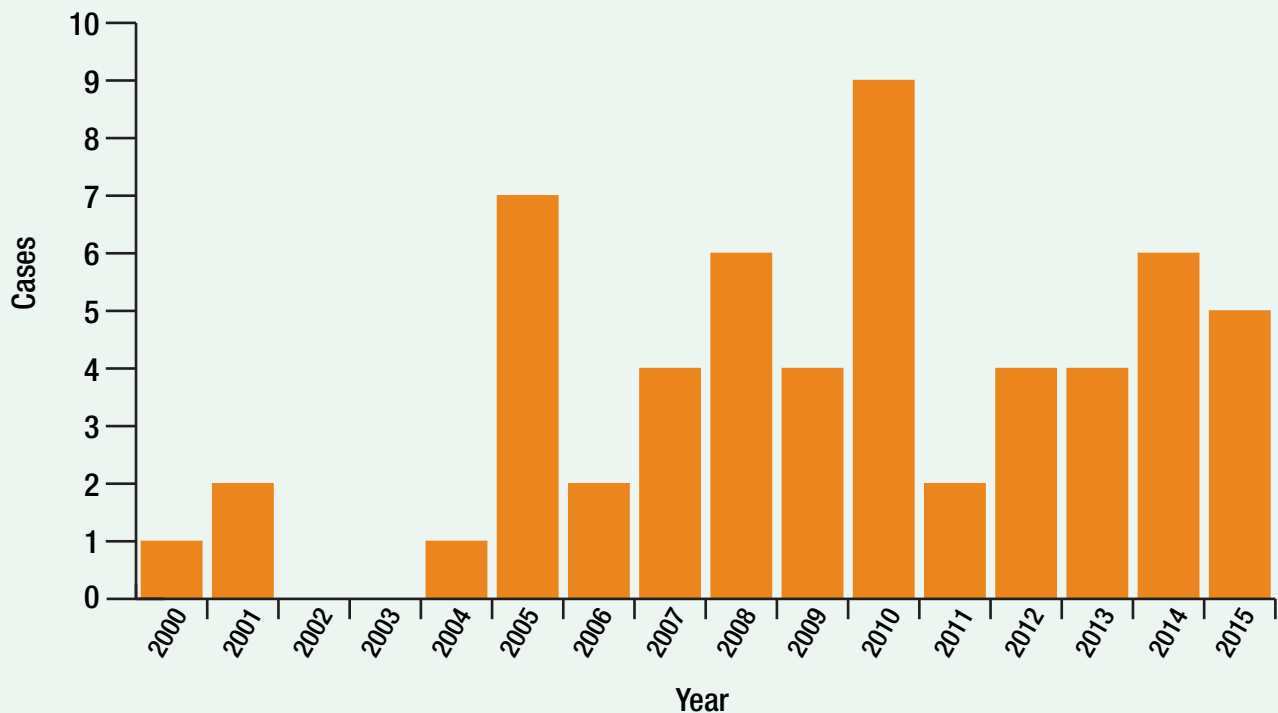
Dengue is a mosquito-borne viral infection. It is caused by a *Flavivirus* (the same genus as West Nile, Zika virus and yellow fever viruses); there are four serotypes, identified as DENV 1–4. The disease is limited primarily to the tropics and subtropics, although imported cases occasionally occur.

Symptom severity ranges from subclinical, asymptomatic infections to high fever, headache, muscle aches and rash. A subset of patients may develop hemorrhagic fever, with bleeding and shock. Treatment for dengue is supportive. There is, alas, no vaccine as yet that protects against dengue fever.

There is no evidence of transmission here in Oregon. The typical vectors, *Aedes albopictus*, *Aedes japonicus* and *Aedes aegypti*, are not native to Oregon, although there have been reports of all three species in California.

Five cases in Oregon residents were reported in 2015. All had a history of recent travel to Costa Rica, Dominican Republic, Indonesia, Mexico and the Philippines.

Dengue infection by year: Oregon, 2000–2015



Prevention

Primary prevention measures are geared to avoiding mosquito bites when visiting areas where dengue is circulating:

- Use mosquito repellent.
- Wear long sleeves, long pants, shoes and socks when out and about.
- Avoid outdoor activities at dawn, dusk, and early evening, when more mosquitoes are out.
- Check screens on doors and windows where you're staying to make sure they're intact.
- Sleep under a treated mosquito net when nighttime exposure to mosquitoes could occur.
- Additionally, persons acutely ill with dengue should avoid exposure to domestic mosquitoes. (We don't want to find out the hard way that local species can harbor and transmit the virus, after all.)