

Dengue fever

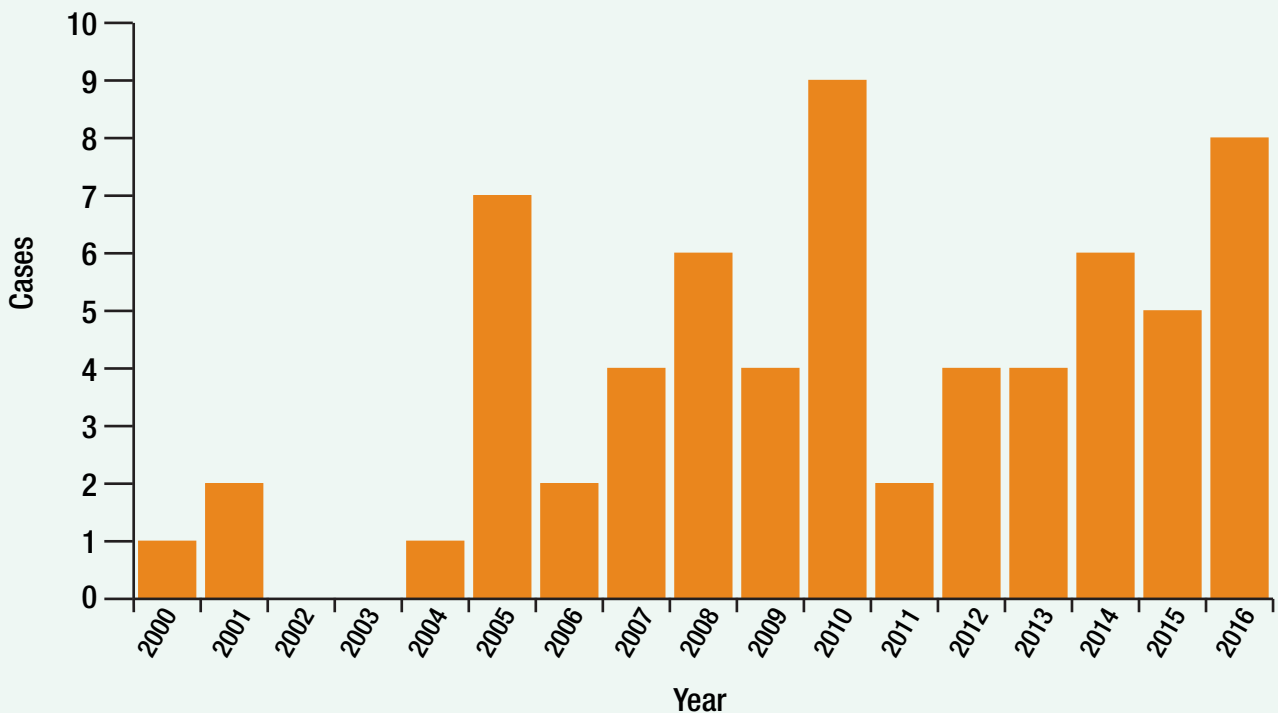
Dengue is a mosquito-borne viral infection. It is caused by a *Flavivirus* (the same genus as West Nile, Zika and yellow fever viruses). There are four serotypes, identified as DENV 1–4. The disease is limited primarily to the tropics and subtropics, although imported cases occasionally occur.

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.

Eight cases in Oregon residents were reported in 2016. All had a history of recent travel to parts of the Caribbean, Latin America or Asia, including Mexico, Indonesia and the Philippines.

Dengue infection by year: Oregon, 2000–2016



Prevention

Primary prevention measures are geared toward 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 are staying to make sure they are 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.)