

Dengue Fever Symptoms, Treatment and its Preventive Measures

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ABOUT THE STUDY

Dengue fever is a mosquito born viral infection which is caused by bite of female Aegypti mosquito. This fever is also known as breakdown fever. Dengue fever mostly occurs in tropical and subtropical areas of the world. Mild dengue fever causes flue like symptoms and high fever where as severe dengue fever which is also called as hemorrhagic fever causes bleeding gums, drop in blood pressure and sometimes it may results in death. This disease cannot spread by being around an infected person and is transmitted only through mosquito.

SYMPTOMS OF DENGUE FEVER

Symptoms usually begin from 4-6 days after you get infected by mosquito bite. Symptoms may last up to 10 days. Symptoms may include

- Severe headaches
- Muscle pains which are very severe
- Nausea
- Vomiting
- Fatigue
- Bleeding gums
- Sudden high fever
- Pain behind the eyes
- Rashes on skin

Many of the people recover within a week. In some cases, symptoms may worsen and become life threatening. This is called as dengue shock syndrome. It occurs when there was damage in blood vessels and sudden drop in platelets count.

WARNING SIGNS OF SEVERE DENGUE FEVER

Signs for severe dengue fever include

- Stomach pain which is severe
- Blood in urine
- Bleeding under the skin
- Difficulty in breathing
- Restlessness
- Prostration
- Blood vomiting
- Bleeding from nose
- Persistent vomiting

DIAGNOSING DENGUE FEVER

Severe dengue fever is a life threatening which requires medical emergency. If you feel any of the symptoms it is better to consult your doctor for immediate diagnosis. Doctors diagnose dengue fever with a blood test to check for virus. If you are sick after travelling to tropical areas, it is better to inform your doctor regarding your travel history so that doctor can identify that your symptoms are caused by dengue infection.

TREATMENT FOR DENGUE FEVER

There is no specific medicine to treat dengue infection. If you feel you have symptoms it is better to use pain relievers with acetaminophen which is used to treat mild to moderate pains like headaches, body pains etc. Avoid using Aspirin which could worsen bleeding. Taking rest, drinking plenty of fluids helps to recover from fever. After recovering from fever within 24 hours and experiencing severe symptoms immediately admit in hospital to be checked for complications.

PREVENTING DENGUE FEVER

The best way to stop the spread of disease is to prevent bites by mosquitoes which are infected with virus mainly when you are travelling to tropical areas. It helps in protecting yourself. In 2019, Food and Drug Administration approved a vaccine named

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as “Dengvaxia” to prevent the disease from occurring in adolescents aged from 9 to 16 who already have been infected by the disease. But currently there is no vaccine to prevent the spread of disease in general population. Following these preventive measures such as using mosquito repellents even in

houses, dressing with fully covered clothes when you are travelling outdoors, using mosquito nets, by maintaining surroundings neat and clean, reducing mosquito habitats by clearing standing water near surroundings etc may help to prevent the spread of disease.