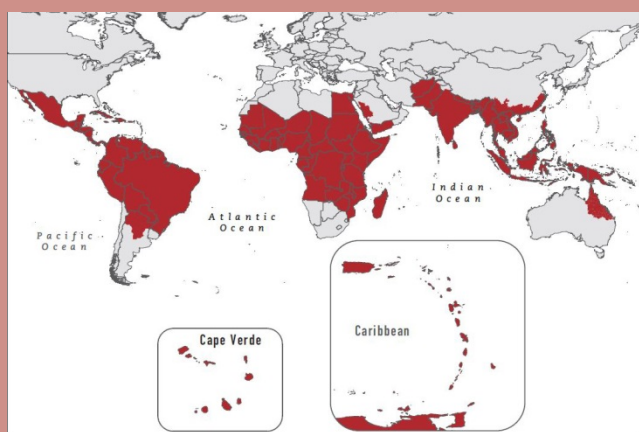




# Prevent Dengue on a Mission Trip

**Dengue** is a viral illness spread through mosquito bites. Travelers to tropical and subtropical regions are at risk of getting dengue. Dengue is more common in urban areas and is not usually seen at altitudes above 5,500 feet (1,500 meters). The mosquito that carries dengue virus bites mostly during the day and is commonly found indoors as well as outdoors, around homes and hotels.



Areas where dengue is a risk are highlighted. Travelers to these areas should take steps to prevent mosquito bites.

**Symptoms** of dengue can be mild and include fever, headache, nausea, vomiting, rash, and pain behind the eyes, joints, and muscles. Symptoms can take up to 2 weeks to develop but usually end in a week. If a mild case of dengue becomes severe, warning signs develop: intense stomach pain, repeated vomiting, and abnormal bleeding from the nose or gums or in stool. Since dengue can be fatal, see a doctor or go to the emergency room right away if you develop any of these symptoms.

## **How can I prevent dengue?**

If you are going on a mission trip to a risk area, protect yourself from dengue by preventing mosquito bites:

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent (see below), and always follow instructions.
- Use permethrin products on clothing and gear. Do not use permethrin directly on skin.
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.
- Empty containers of standing water near where you are staying to keep mosquito eggs from hatching.

## **Choosing an insect repellent**

An appropriate insect repellent contains one of the following ingredients:

- DEET
- Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
- Oil of lemon eucalyptus (OLE) or PMD
- IR3535 (Avon Skin So Soft Bug Guard Plus)

Higher percentages of active ingredient provide longer protection.



For more information, visit [www.cdc.gov/dengue](http://www.cdc.gov/dengue) or [www.cdc.gov/travel](http://www.cdc.gov/travel) or call 800-CDC-INFO (800-232-4636).

